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ROBERTSON COLLEGE

'We're talking about a kitchen in a hospital'

Health concerns at Foothills Hospital cafeteria PAGE 14

Young rockers in need of home

Talent. An all-ages venue for young people to perform their music is needed, parents say

HELEN PIKE
helen.pike@metronews.ca

Rachel and Colin Schadlich stand in their family jam space as Faith and Toryin shred it on the axe. The rocking siblings, especially 17-year-old Faith, have been looking for spaces to perform in Calgary. HELEN PIKE/METRO

There's a lot of talent pent up in young Calgary musicians, but some parents who opt to play roadie instead of soccer mom or dad worry that without a solid all-ages venue there aren't enough opportunities for kids to join the music community.

Jason Klapak has two kids in bands with about three years to wait before they can perform in Calgary clubs.

Since the New Black Centre in Inglewood closed in 2013, he said, there's little opportunity for children to get together with music lovers their own age.

"As a parent who has kids like this, who want to be musically inclined, if they just have their basement and band to practise with, that will fall apart," Klapak said. "If they don't have a purpose to their practising, they're going to find something else to do."

He added that an all-ages space not only gives teens a place to perform together but also offers an affordable way to see some of their favourite bands.

"The wife and I could drop the kids off there with 10 bucks each in their pocket, and they could go from 6 to 10 p.m." Klapak said. "Now they're both in bands and have no place to play and nothing to see."

Kerry Clarke, artistic director with the Calgary Folk Music Festival, said they're trying to help fill the void. While those plans are still in their infancy — she hopes changes will come in the fall — they just started hosting Folk U, a workshop and jam session for kids polishing up their skills. The next is set to run March 27.

"We want to start filling part of that gap but we won't be the venue once a week that kids can go to," Clarke said. "We're trying to just start to do something on a regular basis in conjunction with what the community wants."

Rachel Schadlich, a mother of two rockers, is almost out of the woods — her daughter is 17 and her son just turned 18. She said there are spaces to play, but they're often few and far between — and nothing a designated all-ages venue could offer.

Her daughter Faith is in a three-piece girl band, Compound 3, and they just started playing live.

She said finding fellow performers is tough and locating gigs even more so, two things she believes could be remedied by an all-ages club.

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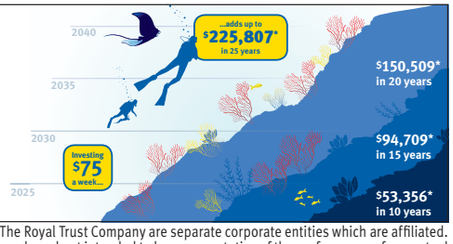

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Booted candidate tried to get another to quit: PCs

Edmonton.
New details surface about controversies in two ridings

JEREMY NOLAIS
& RYAN TUMILTY
calgary@metronews.ca

Provincial Tory party representatives have revealed they disqualified an Edmonton nomination candidate after receiving a sworn legal document and apparent admission claiming he attempted to "induce" a candidate in a neighbouring riding to withdraw from his own race.

The assertions from Kelley Charlebois, executive director of the Progressive Conservative Association of Alberta, came after Don Martin publicly lashed out at the party for his last-minute removal March 6 from the Tory ballot in Edmonton-Decore.

Voters were scheduled to head to the polls the next day to elect either him or Janice Sarich.

Charlebois told Metro in an exclusive interview Tuesday the decision came after the document was received and after he spoke with Martin.

"He was disallowed for activities that he undertook in terms of trying to induce another candidate to withdraw from the campaign process, which the nomination committee looked at and said, 'This is absolutely unacceptable,'" Charlebois said.

Martin said he still hasn't seen any proof of wrongdoing on his part.

"I haven't seen an affidavit and my nominating committee never saw an affidavit," he said.

He denied doing anything wrong and said Charlebois should not be talking about nominations.

"Kelley Charlebois is not authorized to notify people regarding disqualifications. That has to come from the nominating committee, the local nominating committee," he said.

Charlebois wouldn't say which candidate Martin allegedly approached or in which riding, stating only it was another Edmonton race.

But party sources have confirmed to Metro that the allegation is that he was acting on behalf of Edmonton-Meadowlark candidate Tom Choucair, who, like Martin, was disqualified from his race hours before going to the polls.

Choucair said Tuesday that he had met Martin on the campaign trail, but had never asked him to approach another candidate.

A third candidate, Katherine O'Neill, was named Saturday as the winner in Meadowlark.

Choucair said he had been working on his campaign for more than two years and believes he was in the lead heading into nomination day.

Kelley Charlebois, executive director of the Progressive Conservative Association of Alberta, said he had to disqualify candidate Don Martin from an Edmonton nomination race after allegations surfaced that he attempted to have a contender in another race drop out. METRO FILE

"We knew we were in a good spot to win this — numbers prove it," he said.

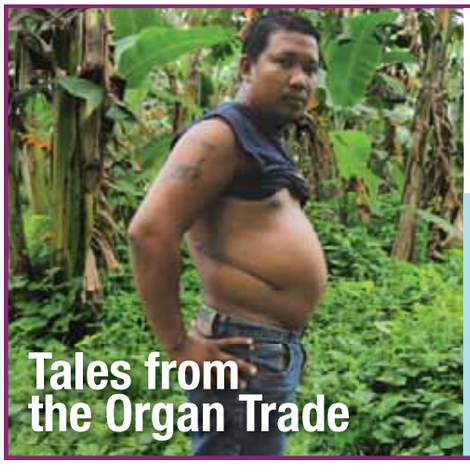
"I've been a soldier for this party for the past 10 years," he later added.

"I've done a lot of work and we wanted the right to run in this nomination, and all we expected was a fair race."

Quoted

"He was disallowed for activities that he undertook in terms of trying to induce another candidate to withdraw from the campaign process, which the nomination committee looked at and said, 'This is absolutely unacceptable.'"

Kelley Charlebois, provincial Tory party representative, talking about Don Martin



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Composter helps restaurants turn waste away from landfill

Green movement.
Hop Compost's efforts preventing 10 million pounds of greenhouse gas emissions from polluting environment

HELEN PIKE
helen.pike@metronews.ca

Kevin Davies shows off Hop's digs, a refurbished building and inner-city clean-tech facility where his local organic compost is produced. JENNIFER FRIESEN/FOR METRO

A Calgary business is partnering with local restaurants to serve up its own recipe: a handcrafted organic compost so clean you could eat off it.

Hop Compost is a new service picking up select restaurants' food waste and processing it at Canada's first urban composting facility. The resulting product boasts a "GMO free" label and will be sold to growers and gardeners looking to sprout their seeds in a healthy compost mix.

"As opposed to a conventional operation, which would require acres and acres and acres of space … we can do it from an 8,000-square-foot vintage building," said founder Kevin Davies. "We're within about five minutes from a lot of the locations we collect from."

The facility is on track to divert two million pounds of waste from landfills, saving over 64,000 cubic feet of landfill space and preventing 10 million pounds of greenhouse-gas emissions from polluting Calgary skies.

It's tucked away just outside Ramsay, down the street from Nash, one of the restaurants contributing its kitchen scraps.

"If we can divert products from the landfill to make compost, which then of course gets turned into soil so that there's more opportunity for our restaurants to be using locally grown Alberta produce, that's a no-brainer in our world," said Nash chef Matthew Batey.

The composting method is pretty high-tech, Davies said. Touchscreens give them a glance at the data while soil is cooking, continually optimizing itself to create an ideal environment. Restaurants can also keep track of the impact their diverted waste is having with customized reports.

"A big part of what I like about the program is the tracking mechanism," Batey said.

"The report tool is great for us because it allows us to develop an even more conscious awareness of what's going on and what difference we can make and ways to be able to inform, educate and support our staff."

Details

- Hop is helping restaurants who already compost reduce even more waste.
- There are 40 restaurants using the service.
- As it stands, the composting facility is full, but Davies said more space is being sought.

Quoted

"The report tool is great for us because it allows us to develop an even more conscious awareness of what's going on and what difference we can make."

Nash chef Matthew Batey, on an impact-tracking mechanism offered by Hop

Teenager charged over machete attack

Police say a brutal machete attack may have been rooted in remarks made toward a person's pet.

On Saturday, Calgary police charged a 17-year-old following what officers described as a "brazen" daylight machete attack on a man in his 30s within Calgary's Coventry Hills community.

Lead investigator Det. Dan Guenette explained the man was walking his dog around 4 p.m. on Friday in the 0-100 block of Coverdale Place N.E. when a group of youths approached and said something about his dog.

"That probably sparked this event and then it cascaded into the attack," Guenette said.

Several neighbours heard the man screaming for help, ran to his aid and called 911, at which time the group of youths fled the scene.

The victim's left ear was severed after he was repeatedly struck in the face, shoulder and head, police said, but it was later reattached.

More online

For more local, national and international news, visit metronews.ca.

The victim is now out of hospital, but his recovery from the attack is just beginning.

"He's still under a great deal of pain," Guenette said.

With a "great deal of cooperation" from the public, school resource officers and area patrols, the 17-year-old was identified. The suspect cannot be named due to the Youth Criminal Justice Act.

The accused is now facing charges, including aggravated assault, possession of a dangerous weapon and two counts of breaching current conditions.

MORGAN MODJESKI/METRO

Det. Dan Guenette of the CPS speaks with reporters Tuesday afternoon.
MORGAN MODJESKI/METRO

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Fees may vary by dealer. ▼Fuel consumption for new 2015 Accent GLS (HWY 6.3L/100KM; City 8.9L/100KM); 2015 Elantra Limited(HWY 6.7L/100KM; City 9.7L/100KM); 2015 Tucson Limited AWD (HWY 9.3L/100KM; City 11.6L/100KM);2015 Santa Fe Sport Limited AWD (HWY 9.8L/100KM; City 12.9L/100KM); 2015 Santa Fe XL Limited AWD (HWY 9.7L/100 KM; City 13.0L/100 KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ^Purchasers or lessees of a new 2015 Hyundai (except the following model trims: 15MY Accent 4DR L 6MT, 15MY Elantra Sedan L 6MT, 15MY Tucson GL FWD MT, & 15MY Santa Fe Sport Base FWD), who received a coupon will be entitled to a $500 price adjustment through participating Alberta dealers. Price adjustment is applied after tax. Offer can be combined with all other Hyundai Canada retail offers. Offer expires March 18th, 2015. 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Coun. Ward Sutherland had questions about the extra money in the city's pockets. ROBSON FLETCHER/METRO

City posts $25M surplus for 2014

Committee. Councillor calls for tighter budget projections

ROBSON FLETCHER
robson.fletcher@metronews.ca

Calgary's top bureaucrats were grilled Tuesday by a city councillor who wanted to know why the city suddenly finds itself with tens of millions more dollars than expected.

"The budget wasn't tight enough, in terms of projecting," Coun. Ward Sutherland told city manager Jeff Fielding and chief financial officer Eric Sawyer, during discussions at a finance committee meeting over the $25-million surplus the city posted in 2014.

City council could have used that money to reduce the tax rate or spend on other programs, Sutherland said, if councillors had known it would be available in November during budget deliberations.

The "favourable variance" in the final, actual numbers of the city's 2014 budget were due to a number of factors, Sawyer said, including lower than expected employee-benefit costs and higher than expected tax revenue and returns on city investments.

Sutherland, however, noted that the variance would have been closer to $100 million (roughly $90 million, by Sawyer's estimate) if the city hadn't experienced several "unfavourable" variances in 2014.

Those include extreme weather events such as last September's freak snowstorm that damaged tens of thousands of trees, Sutherland said, as well as the $35 million council decided to transfer to its new Heritage Building Preservation Fund during budget deliberations in November.

"The variances we experienced in 2014 were higher than usual and I acknowledge that," Sawyer said.

Fielding, for his part, said $100 million seems like a "big number" in absolute dollars but, considering the city's $3-billion overall budget, it's not way out of whack.

"It doesn't trouble me," he said of the variance, adding he would work with city staff to have future projections be more in line with actual financial outcomes.

Mayor Naheed Nenshi, however, thought the 2014 actuals were well within the "cushion" the city deliberately builds into its budget.

"It's actually not a large variance," Nenshi said. "Remember that we are not allowed to run a deficit and as such every year we try to ensure that the variance is below five per cent of the operating budget. And this is about three per cent."

The surplus will be added to city reserves.

14. Ave. SE

Police seek man who hit woman with SUV then threatened her

Calgary police say a woman managed to fight off her offender and escape to safety after being hit by a vehicle, taken aboard and threatened in early March.

According to a release, police were called to check on the welfare of a woman from a residence at roughly 5 a.m. on March 7.

The woman, who appeared to be in her 30s, showed up on a doorstep with serious injuries after she was allegedly hit by a small SUV while biking near the 3900 block of 14 Ave. SE.

Det. Matt Baker explained the victim is in now in the "recovery stage" from the traumatic event, noting she was "simply cycling from her home address to the local store and back."

Police say after striking the woman with his SUV, a man picked her up and put her in the vehicle, threatening to sexually assault her.

That's when she made her escape, said Baker. He noted while the suspect may still present a danger to the public the incident was rare.

Police are asking anyone with information or who may have saw a gold or beige SUV in the area around at time of the incident to contact the CPS at 1-403-266-1234 or Crime Stoppers.

MORGAN MODJESKI/METRO

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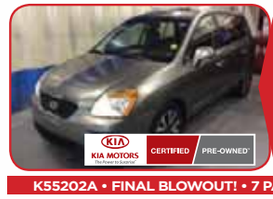

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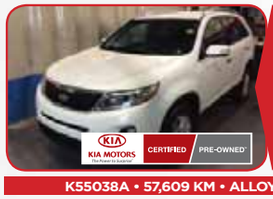

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Transit

Riders invited to celebrate thank-your-driver day

Whether it's a CTrain commute, or a bus ride, today is the day to board Calgary Transit with a smile and thank your driver.

"Our drivers do an incredible job, and really make a difference in the lives of Calgarians," said Calgary Transit director Doug Morgan. "We want to recognize one special day where passengers can make a point of saying, 'Thanks, you do a lot for Calgary and we're proud to have you here.'"

Without them passengers wouldn't get very far, and driving is only half of what operators do. Recent events have shown drivers look out for passenger safety, rescue pets, and return lost items to riders. METRO

Infrastructure

City, U of C unveil new water research facility

A 15-year-old idea came to fruition Tuesday as the University of Calgary and the City of Calgary unveiled a $38.5-million Advancing Canadian Wastewater Assets (ACWA) facility at the Pine Creek Wastewater Treatment Plant.

"There is no other facility like this and we expect it to offer ground-breaking water research with global impact," said Elizabeth Cannon, president of the University of Calgary in a release.

"It is a place where researchers, practitioners and industry can work together to solve important problems facing cities everywhere." METRO

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For references, view the full article at workopolis.com

WORKOPOLIS
Let's get to work

Advocacy group Banding Against Menthol hosted a panel Tuesday to bring awareness to Bill 206. BAM members said they had concerns about an amendment that exempts menthol from the flavoured tobacco ban. ANNA BROOKS/METRO

Concerns over Bill 206

Health. Advocates say menthol should not be exempted from ban

ANNA BROOKS
anna.brooks@metronews.ca

The health of the province's youth isn't a priority for Alberta Health, says a group concerned about the exemption of menthol from the province's flavoured tobacco ban.

Asha Hollis, a health science student and member of health advocacy group Banding Against Menthol (BAM), said when Alberta Health was asked by BAM why the government was exempting a highly addictive and detrimental substance from their tobacco ban, the government said further consultation was needed on the matter.

"This is a time for action, not consultation," Hollis said. "It's disappointing because as health science students, we can see there's a robust body of evidence pointing to the fact that menthol is extremely dangerous and highly addictive."

According to statistics from Smoke-Free Alberta, Albertans aged 12 to 19 smoke 530,000 cigarettes a day, 170,000 of which are menthol cigarettes. Especially when provinces like Ontario are looking to implement legislation banning all flavoured tobacco products, including menthol, Hollis said she's disappointed Alberta isn't taking similar action.

"So far the actions that have been taken aren't putting the interests of children and youth first, which is really upsetting," she said.

Timothy Wilson, assistant communications director for Alberta Health, said the exemption of menthol from Bill 206 doesn't demote the health of children and youth as a priority for government — the exemption simply has to do with respecting the rights of adults to consume such products.

"Regarding menthol, we have to respect the rights of adults to use legal products, so menthol tobacco, cigars and pipe tobacco are exempt from restrictions at this point," Wilson said.

Quoted

"It's disappointing because as health science students, we can see there's a robust body of evidence pointing to the fact that menthol is extremely dangerous and highly addictive."

Asha Hollis

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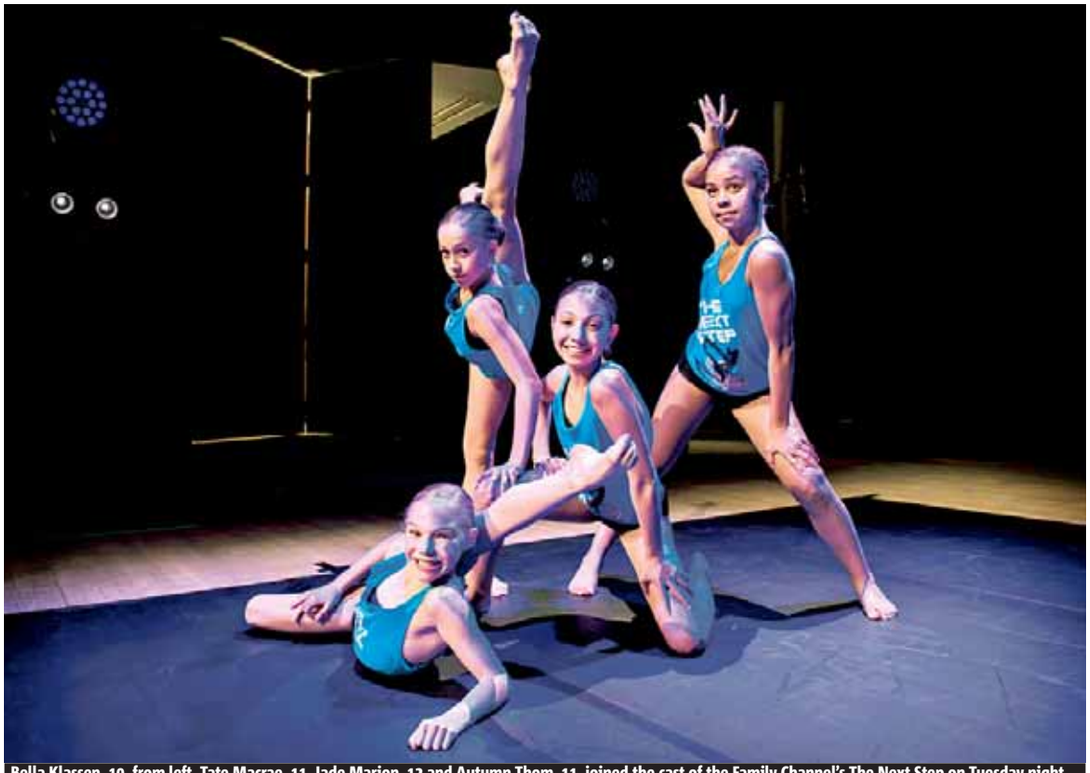
Dancers take The Next Step

On stage. Youngsters thrilled with chances to perform, increased access to dance world

JENNIFER FRIESEN
FOR METRO



Bella Klassen, 10, from left, Tate Macrae, 11, Jade Marion, 12 and Autumn Thom, 11, joined the cast of the Family Channel's The Next Step on Tuesday night to perform a routine on the stage of Jack Singer Concert Hall. JENNIFER FRIESEN / FOR METRO

It wasn't long ago that Tate Macrae dreaded the idea of going to dance class.

But after the eight-year-old aspiring hockey player went along to a national championship, she was blown away by the dancers she found in her midst.

"They were phenomenal," she said. "All the dancers there really inspired me to keep dancing and keep working. And then I got into the top 10 with them and I felt like I had hope for dance. Something just clicked and I've loved it ever since."

Now 11 years old, Macrae joined four other dancers from her group YYC Dance Projects to hit the stage with the cast from the Family Channel's dance show, The Next Step.

Along with Bella Klassen, 10, Autumn Thom, 11 and Jade Marion, 12, Macrae performed a routine choreographed by Calgary-born Bree Wasylenko, one of the show's cast members, at the Jack Singer Concert Hall Tuesday night.

Tanja Rosner, Macrae's mother, launched YYC Dance Projects last September after searching for a more intensive dance program in the city but never finding the right fit. The 22 girls in the program train out of the Ballet School at the Alberta Ballet, and travel to Los Angeles, New York City and Phoenix for competitions.

Rosner said that through the popularity of dance on TV, younger dancers are being exposed to new styles, adding that bringing new teachers and dancers to Calgary can keep the spark alive for the next generation.

"Not many people come up to Calgary, so we don't have the same opportunities as the kids in the States do," said Rosner. "But more conventions and more master teachers are coming through Calgary now. It's a slow change, but we're getting more access to the dance world."

Quoted

"We don't have the same opportunities as the kids in the States."

Tanja Rosner, founder of YYC Dance Projects

Calgary

Individual shot by police believed to be 27-year-old man

The man killed by the Calgary Police Service Monday appears to be a 27-year-old man from the city, according to the Alberta Serious Incident Response Team (ASIRT).

Police were called to the Super 8 Motel on Barlow Trail NE. At roughly 3 p.m. Monday, police made contact with the man inside the room, but he didn't allow officers inside.

While a key was provided to police, ASIRT said a chain lock was in place. In order to assist the man, who police say was in medical distress, they decided they would forcibly enter the room.

There, police said they were faced with a "high-risk" situation.

Officers deployed a conducted-energy weapon, but it had "little impact" and a police weapon was then discharged, resulting in the man dying on scene.

"We'll address all of the witnesses and the individual — or individuals — who fired their service weapons and our investigation will proceed from there," said Susan Hughson, ASIRT executive director. Hughson explained ASIRT believes the officer who killed the man had worked with the CPS for three years.

MORGAN MODJESKI/METRO

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Join us Wednesday, March 18 from 6:00 – 8:00 pm in Room NN108, Chinook Lodge Aboriginal Resource Centre in the Senator Burns Building.
For more information or to confirm your attendance, please call 403.210.4045 or email elf.infosession@sait.ca.

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Join us on Wednesday, March 18 at 6:00 pm in Room NH307 in the Senator Burns Building. Visit sait.ca/infosessions to confirm your attendance or for more information.

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Media is a cornerstone of our society, as it impacts our understanding of current events, heightens our awareness of social issues and influences both our lifestyle and buying decisions. The Radio, Television and Broadcast News program develops a wide range of career paths including technical, performing and creative development. A diploma from this recognized media program has become the minimum standard for an entry-level position in this industry, and is widely-recognized.

Join us on Wednesday, March 18 at 7:00 pm in Room H103 in the Senator Burns Building. Call 403.284.8470 or Email rtbn.info@sait.ca to confirm your attendance or for more information.

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SAIT POLYTECHNIC

Public board trustees vote down Seton school growth

Calgary public-school trustees will take a wait-and-see approach as students flood into the city's southernmost communities, after voting down a multimillion-dollar bid by one of their own to add space to a planned facility.

The proposal from Calgary Board of Education representative Trina Hurdman would have called for an additional 300 spaces at a high school in Seton already due to house 1,800 learners and open in 2018.

The addition, according to board administrators, would have cost $5.67 million.

Hurdman's amendment to the board's 2016-19 capital wish list found support from fellow board members Amber Stewart, whose area will include the Seton school, and inner-city representative Judy Hehr. The remaining four trustees, however, opposed the idea.

After the vote, Stewart said in an interview there's still the possibility to put an addition on the Seton school at a later date.

Calgary Board of Education trustee Amber Stewart METRO FILE

"That area of the city continues to grow and grow and grow and, at this point in time, the only high school in that area is Centennial," she said.

It's at Centennial where parents have complained about only having one gym for 1,900 students.

As a result, hundreds have been bused daily to a nearby community centre for years, a move that recently produced data show has cost the board $1.5 million.

"I can't believe that this is an acceptable use of tax dollars and specifically dollars that are supposed to be in a classroom … that doesn't seem to faze them at all," said Orlean Muirhead, Centennial's parent council chair, after Tuesday's vote.

Still, Muirhead said Stewart has provided a bit of hope in suggesting alternative funding measures to build the second gym.

Asked about those potential measures, Stewart replied, "Challenging budgeting calls on us to be creative in how we finance things."

Data from the board suggest that in Sector 9, which covers off the southernmost portions of the city, there are three times as many students as can be accommodated at Centennial.

As a result, many students are forced to hop aboard the bus to take classes closer to the inner city.

JEREMY NOLAIS/METRO

Sidewalks in many parts of Calgary looked more like skating rinks in mid-January 2014, after daytime melting and overnight freezing. ROBSON FLETCHER/METRO FILE

Snow plan 'excellent' for seniors, disabled

Weather. Improving walkways around city's 'bus zones' lauded as being safer for everyone

ROBSON FLETCHER
robson.fletcher@metronews.ca

Advocates for seniors and the disabled say the city's plan to improve snow and ice control on walkways around 100 "bus zones" in Calgary will improve many people's lives and possibly even save a few.

"Nobody in the technology world has yet been able to develop a cane that detects ice," Philip Bobawsky, who is visually impaired, told members of city council during a committee meeting Tuesday.

The risk of slipping on ice or tripping over a mound of snow makes walking to a bus stop in the winter "mission impossible" for many visually impaired people, he added, unless they have assistance.

"I ditched my white cane and moved to a service dog," Bobawsky said. "I can't tell you, early on in the winter, how many times Finnegan saved my life by taking me around a variety of snow- and ice-related obstacles."

Colin Cantlie told councillors the extra $2 million in annual funding — approved by council in last year's budget — will be "excellent" for many of the city's seniors as well, provided crews can meet the outlined targets of clearing snow from walkways within 24 hours.

"Snow turns to ice or slush and access to the various stops in this city become dangerous," Cantlie said. "This affects all people, not just seniors or people with disabilities."

City roads director Troy McLeod said the funding has already been used after two light snowfalls this winter to pay existing contractors, but in the fall the city will put out a new request for proposals specifically for the bus-zone clearing service.

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‘State of the City’ address

ROBSON FLETCHER
robson.fletcher@metronews.ca

Naheed Nenshi

Mayor Naheed Nenshi gave his annual State of the City address to the Rotary Club of Calgary Tuesday. Here are the highlights of what he had to say.

Flood mitigation

Calgary needs more than what the Alberta government is currently offering for flood protection, the mayor said. Even with the planned Springbank Reservoir to divert water from the Elbow River and use of the Ghost Lake Dam (pictured here) to hold back water on the Bow River, the city remains vulnerable, Nenshi said. He urged those in the audience to lobby their MLAs for more flood-mitigation measures.

New NHL arena

The mayor remains opposed to using public dollars to fund a new arena for the benefit of a private company. However, he said he remains open-minded to working with the Calgary Flames on a Saddledome replacement if the team can make a “compelling argument.” He also credited the Flames organization for not threatening to move the team outside Calgary, as other NHL owners have done during negotiations.

Regional planning

With Airdrie and Rocky View County opposed to the Calgary Metropolitan Plan (CMP), Nenshi still believes it’s time for the Alberta government to mandate their participation by law. However, he said he doubts the province has the “political courage” to take such steps. Legislating participation in the CMP would surely make many people just outside of Calgary “very angry,” Nenshi noted.

Bill 10

“I was incredibly happy when I saw that our provincial legislature — together, almost unanimously — elected to make sure that every single school in this province is safe for every single kid in this province,” Nenshi said. “And I was most ecstatic, because that had nothing to do with politicians. It had everything to do with citizens getting out there and making their voices heard.”

Calgary’s ‘partisan’ council

Nenshi refused to say sorry for his comments last week about his colleagues’ “partisan” behaviour. Critics suggested he apologize for saying what he hates most about his job is the way “three or four” councillors behave and vote. “I think it’s a fair comment,” Nenshi said Tuesday. “It’s a comment I’ve made 100 times in Calgary.”

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State of cafeteria should 'frighten' patients: Forsyth

Health. Wildrose leader raises concerns, while senior officer insists hospital is safe and meets needs of patients

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Alberta's opposition party leader has continued to pepper the provincial health minister with questions about plans for a cafeteria at a Calgary hospital that has dealt with mould, asbestos and numerous concerns from health inspectors.

Plans for a roughly $43-million overhaul of the Foothills Medical Centre kitchen have been in the works for five years, but the province has yet to fund the project.

The facility opened in the 1960s and now serves 950 patient meals three times a day year-round. The kitchen also contributes the food for 1.24 million retail sales at various venues inside the centre.

A 2014 facility capital infrastructure submission from Alberta Health Services, however, lists the redevelopment as being among 17 high-priority projects it's seeking dollars to complete. The document states the Foothills kitchen project would "replace obsolete equipment, correct non compliant code issues, remove mould and asbestos and upgrade the overall functionality and efficiency of food service delivery."

Heather Forsyth, leader of the opposition Wildrose, has raised concerns about the mould, specifically, in the Alberta legislature in recent days, but received little assurance from Health Minister Stephen Mandel that funding would be provided in the near future.

"We're talking about a kitchen in a hospital that's feeding sick patients and they've received public health citations," Forsyth said in an interview Tuesday. "That would frighten me, quite frankly, if I had a family member in the Foothills."

The Foothills kitchen has undergone five health inspections dating back to Dec. 18, 2013, and has received 16 recommendations for improvements, but only a few were deemed "critical."

Shawna Syverson, senior operating officer at Foothills, insisted the kitchen is still meeting the needs of patients.

"Just like any inspection, there's always recommendations for remedies," she said Tuesday.

She indicated the renovation project is primarily a proactive move.

"It's like anything at an older facility — there comes a time when you put in on the (capital submission) list when there's greater efficiencies and new things that could be achieved with greater infrastructure."

Steve Buick, Mandel's press secretary, said he couldn't go into detail on health projects that would be funded in the March 26 provincial budget. He did say, however, it is a requirement of AHS to maintain a quality food preparation operation at Foothills and to notify the ministry should infrastructure shortcomings ever jeopardize their ability to do so.

"Any food service facility can have problems — a good restaurant can have problems and be deemed not safe until they fix it," Buick said.

He added, "We would never accept an ongoing deficiency in the facility that made it unable to provide safe food and that's never been a question."

The Foothills Medical Centre has long sought funds to upgrade its kitchen, but a senior official said Monday the aging facility does not pose any threat to the health of patients and visitors. JENNIFER FRIESEN/FOR METRO

Quoted

"We're talking about a kitchen in a hospital that's feeding sick patients and they've received public health citations. That would frighten me."

Heather Forsyth, leader of the Wildrose party

Food sanitation

Recommendations from the most recent health inspection of Foothills Medical Centre's kitchen on March 5:

- **Refrigeration.** Both sandwiches and yogurt in the kitchen were found to not have been kept at a temperature at or below 4 C. Specifically, a trolley of sandwiches was found at room temperature and yogurts were being "double-stacked," which kept them out of the ice intended to keep them cold. There were also frozen "pea/potato pucks" found to be thawing at room temperature.
- **Site condition.** Paint was found to be "bubbling" on the ceiling over the salad preparation area. Rags had been placed to catch water leaking from a hot holding unit. An oven was also found to be leaking onto the floor. In the pot-washing room, a spray hose was found to be mounted on wood, which was beginning to mould. Two sink taps were are also found to be leaking.

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Calgary economists Ali Jadidzadeh, left, and Ron Kneebone present their findings on what homelessness looks like in Calgary. JENNIFER BROOKS/FOR METRO

Researchers see housing as main issue

Homelessness.
Addressing problem of chronic shelter users expected to help

ANNA BROOKS
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Affordable housing and chronic shelter users continue to be a challenge in the fight to end homelessness in Calgary, researchers say.

Ron Kneebone, director of economic and social policy in the University of Calgary's School of Public Policy, said despite the levelling out of the number of homeless people in Calgary since 2012, addressing the problem of chronic shelter users should help reduce homelessness by making drop-in shelters more effective.

Kneebone's research from 2014 showed that even though only 1.6 per cent of 33,000 individual shelter users are staying there long-term, these chronic users are still occupying one-third of available spaces.

"An implication of that is it leaves less space for transitional users, which really are who the shelters are for — people who just need an emergency stay," Kneebone explained.

Kneebone said that in order to enact real change when it comes to chronic shelter use, Calgary needs to see more affordable housing.

"At the heart of Calgary's homeless problem is simply a lack of affordable housing," he added. "If we could find permanent, supportive housing for this relatively small number of people, one-third of shelter beds would be freed up."

Louise Gallagher with the Calgary Homeless Foundation (CHF) said that with the amount of research and data collected over the years, they now have a better understanding of how serious the issue of chronic homelessness has become.

Gallagher said CHF's goal this year is to create more affordable-housing spaces for the chronic homeless population. With more than 550 affordable-housing units in the city, CHF is hoping to build 240 more by the summer.

"Chronic homelessness has become really apparent, and we need to address that issue," Gallagher said. "People belong in communities; they belong in homes. Ensuring we have housing means we don't have people trapped in homelessness any more."

Devil's Brigade veteran honoured

A former member of an elite Canada-U.S. army unit has been honoured by the City of Edmonton for his service during the Second World War.

Maurice White was only 17 and living in a small rural community in northern Alberta when he joined the military in 1941.

In December 1943, he fought with the Loyal Edmonton Regiment in the Battle of Ortona — an extremely fierce fight between German paratroopers and assaulting Canadian forces that was the culmination of combat on the Adriatic front in Italy.

He then volunteered for the Devil's Brigade, special-forces troops who went on raids and fought battles in Italy and France.

White, who is 90 and has emphysema, sat proudly wearing a navy blue blazer covered with campaign ribbons and military awards as city council officially recognized him for his service.

The former lance corporal and his few surviving comrades were awarded a Congressional Gold Medal last month by the U.S. government.

For years, White has volunteered his time to talk with students about what he and his comrades experienced during the war.

The 1st Special Service Force earned the unofficial name of the "Devil's Brigade" after some German soldiers started calling its members "black devils" because they often attacked suddenly at night with blackened faces then quickly disappeared into the darkness.

The unit sought volunteers who had been hunters, lumberjacks, forest rangers or who had other outdoor experience. THE CANADIAN PRESS

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NEW**DRONE**WORLD **Metro looks at how drone technology is changing the skies in Canada** / Wednesday— Droning becomes big business / Thursday— Officers aren't using drones to spy... yet / Friday— You can make friends with #droneselfies

The droning of a new era

Technology. Business applications for drones used to be strictly militaristic, but now the sky really is the limit

IRA LAMCJA
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Eight years ago, Dave Kroetsch couldn't find a buyer for his drones. The CEO and president of Waterloo, Ont.-based Aeryon Labs went door-to-door, pitching to police officers, power inspection companies, surveyors and more, but no one had any idea how drones could help their business.

"When we started this in 2007, no one even knew what a drone was," Kroetsch says. Drones had been used by the military, and some universities were doing experiments, but the average person hadn't heard of the new technology.

Fast forward to 2015, and drones are becoming an inevitable part of our lives. In recent years, as the technology has developed and prices have dropped, drones have become far more commonplace and are as varied as the applications they're used for — from toy drones for hobbyists to commercial drones used in farming.

Aeryon's heavy-duty drones are now deployed for industrial use. They have military applications, such as tactical awareness and surveillance, but are also used in public-safety initiatives, such as fire management, crowd control and search-and-rescue missions. That's in addition to their large-scale commercial applications, including pipeline monitoring and precision agriculture.

Prices drop, drones rise:

Stewart Baillie, chairman of Unmanned Systems Canada (USC), a non-profit promoting the drone industry, says interest in drones has increased in the past decade, partly due to increasing affordability. Twelve years ago, Baillie says, people were talking about drones for purely military purposes.

"The technology was very expensive and very difficult to use," he says, noting the regulations at the time were also difficult to navigate.

Battery, camera and GPS technology, as well as the smartphone revolution, "have come together at a great time," Kroetsch says. A simple Phantom toy drone from DaJiang Innovations (DJI) costs around $1,000. A Parrot drone, used primarily for recreational purposes, retails for about half of that.

Transport Canada is also helping commercial drones get in the air. To keep the skies safe, it's working to ensure drone operators steer clear of commercial airplanes. To this end, Transport Canada authorities have differentiated between model aircraft, which don't need to be regulated, and Unmanned Aerial Vehicles (UAVs) or commercial drones.

A model aircraft is characterized as being under 35 kilograms and used solely for hobby purposes. To fly commercially, operators must apply for a Special Flight Operation Certificate (SFOC), detailing their safety and security plans, and have their drone insured.

In 2010, Transport Canada established a UAV Working Group to create rules ensuring operators are trained and that the drones meet safety standards. The same year, the agency issued just 66 SFOCs to individuals or businesses seeking to operate drones commercially. As of Sept. 15 of last year, Transport Canada had issued 1,020 such certificates.

Pies in the sky no more:

When it comes to uses for commercial drones today, the sky really is the limit. Retail giants such as Amazon are seeking approval in the U.S. to initiate outdoor research into drone delivery systems. Amazon's program, Prime Air, has an ambitious goal: getting a package into customers' hands via drone in 30 minutes or less.

Amazon is confident about it, too. The company declares on its website: "One day, seeing Prime Air vehicles will be as normal as seeing mail trucks on the road."

From dance duty to crop watch

Canadian businesses from across the country are getting creative with this technology

Surveying the lay of the land

Accuas Inc, a Salmon Arm, B.C., land-surveying company, is an early adopter, putting drones to use since 2007 to conduct aerial surveys and map terrain. The company uses drones in a number of industries in which land surveying is necessary but difficult, including agriculture, oil-and-gas and waste management.

All part of the performance

In a recent Cirque du soleil performance entitled Sparked, a repairman's lamps come to life and enter a majestic dance with him. The lamps are, in fact, computer-programmed drones. "We thought it was very interesting to divert this object and bring poetry, magic, whimsy to it," said Welby Altidor, who was Cirque du soleil's project lead in creating Sparked. But the real magic came from the drones' computer programming, which synchronized all the movements, allowing for a fluid and harmonious flight.

And the award for best cinematography goes to ...

Kaspi Films, a small company based in the Greater Toronto Area, offers professional cinematography and photography services using drones. Among its projects, Kaspi has used drones for aerial photography of the Niagara Falls region and aerial video for a KFC commercial.

Spying on future fries

McCain Foods has a drone equipped with cameras that capture a bird's-eye view of their potato crops in New Brunswick. In a joint project with Resson Aerospace, McCain operates the drone above its fields, and Resson takes the data and analyzes it to improve efficiency and asses crop health. The 2014 season was their second using a drone.

Protest

Activist criticizes anti-terror bill

Legislation such as Ottawa's proposed anti-terror bill would probably have put a quick end to Quebec's student uprising in 2012, says one of the movement's former leaders.

Gabriel Nadeau-Dubois is adding his voice to those concerned with the extent of the powers that would be granted to intelligence agencies and police under the Conservatives' wide-ranging bill.

THE CANADIAN PRESS

Niqab remarks

Tory MP forced to make apology

Ontario Tory MP Larry Miller has been forced by the prime minister's office to apologize after suggesting during a call-in radio show that those who wish to wear a niqab while swearing the oath of citizenship ought to "stay the hell where you came from."

THE CANADIAN PRESS

Getting their green on for St. Paddy's

Keith Eldridge, right, and Tristan Smith laugh as they share a pint on Tuesday, St. Patrick's Day, at the Old Triangle bar in Halifax. Bars across Canada were packed for the annual Irish celebration. JEFF HARPER/METRO IN HALIFAX

NDP leader blasts PM's gun remark

Politics. Harper calls weapon 'a tool' used by people who live far from police stations

NDP Leader Tom Mulcair has called Prime Minister Stephen Harper irresponsible for encouraging people to arm themselves if they live too far from a police station.

Mulcair was referring to comments Harper recently made in Saskatoon where he was questioned at a meeting of rural municipal leaders about the government's priorities in dealing with firearms.

"It's a tool that many people use in their lives, obviously in their livelihoods," the prime minister told the Saskatchewan Association of Rural Municipalities.

"My wife's from a rural area. Gun ownership wasn't just for the farm, it was also for a certain level of security when you're a ways away from police, immediate police assistance.

"But also it's something people use for recreation and the vast, vast majority do so safely."

In Montreal on Tuesday, Mulcair accused Harper of "using the firearms dossier to divide Canadians."

"This time it's an attempt to divide the rural world from the world that lives in cities," he said.

The NDP leader added he was "quite astonished" to hear the prime minister tell people to use their own weapons to protect themselves. THE CANADIAN PRESS

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Netanyahu edges Herzog in near-deadlocked vote

Israel. Narrow margin casts doubt on who will form the next coalition government

Israeli Prime Minister Benjamin Netanyahu appeared to fend off a strong challenge from the country's opposition leader in parliamentary elections Tuesday, emerging from an acrimonious campaign in a slightly better position to form Israel's next government.

But with the sides nearly evenly divided, a victory by Netanyahu's Likud Party still was not guaranteed. His chief rival, Isaac Herzog of the Zionist Union, said he would make "every effort" to form a government, and an upstart centrist party led by a former Netanyahu ally-turned-rival was set to be the kingmaker. The country now heads into what could be weeks of negotiations over the makeup of the next coalition.

Both Netanyahu and Herzog will now compete for a chance to form a coalition that commands a majority in the 120-seat parliament.

Netanyahu appeared to have a better chance of cobbling together a government with right-wing and religious parties that he calls his "natural allies." Herzog would have to appeal to more ideologically diverse parties.

Either will likely need the support of Moshe Kahlon, whose new Kulanu party captured nine or 10 seats, according to polls.

Exit polls on Israel's three main TV stations showed Likud and the Zionist Union in a near deadlock. Channels One and 10 gave Likud a 27-26 lead, while Channel 2 gave Likud a 28-27 edge. The breakdown may change as final results pour in Wednesday.

Both parties have ruled out forming a unity government with each other.

THE ASSOCIATED PRESS

Israeli PM Benjamin Netanyahu greets supporters in Tel Aviv Tuesday night. Exit polls from Israel's election had Netanyahu's Likud Party and Zionist Union leader Isaac Herzog in a voting deadlock. ODED BALILTY/THE ASSOCIATED PRESS

Britain. Shame mounts over child abuse horror

A toxic mix of misuse of power and official silence has become Britain's shame as the country faces up to a growing web of evidence that the abuse of vulnerable children by powerful men was covered up for decades.

Several lawmakers said Tuesday that former detectives and intelligence officers should be guaranteed protection from prosecution if they speak out about child abuse by senior police, politicians or other prominent people.

"I would just very much hope the police now can investigate this very thoroughly without fear or favour, get to the bottom of the truth," Deputy Prime Minister Nick Clegg said after the BBC aired new claims of a coverup of pedophile behaviour three decades ago.

Allegations of child abuse have piled up over the past few years, including the revelation that the late children's entertainer Jimmy Savile had for decades abused children in hospitals, children's homes and television studios.

THE ASSOCIATED PRESS

Negotiations

Cuba, U.S. in talks on embassies

A third round of U.S.-Cuban negotiations over the restoration of full diplomatic relations ended after a day of talks, Cuban and U.S. officials said Tuesday.

They provided no details on whether progress was made toward a deal on reopening embassies in Washington and Havana.

The two countries have been trying to strike an agreement on embassies before presidents Barack Obama and Raul Castro attend the Summit of the Americas in Panama on April 10-11.

THE ASSOCIATED PRESS

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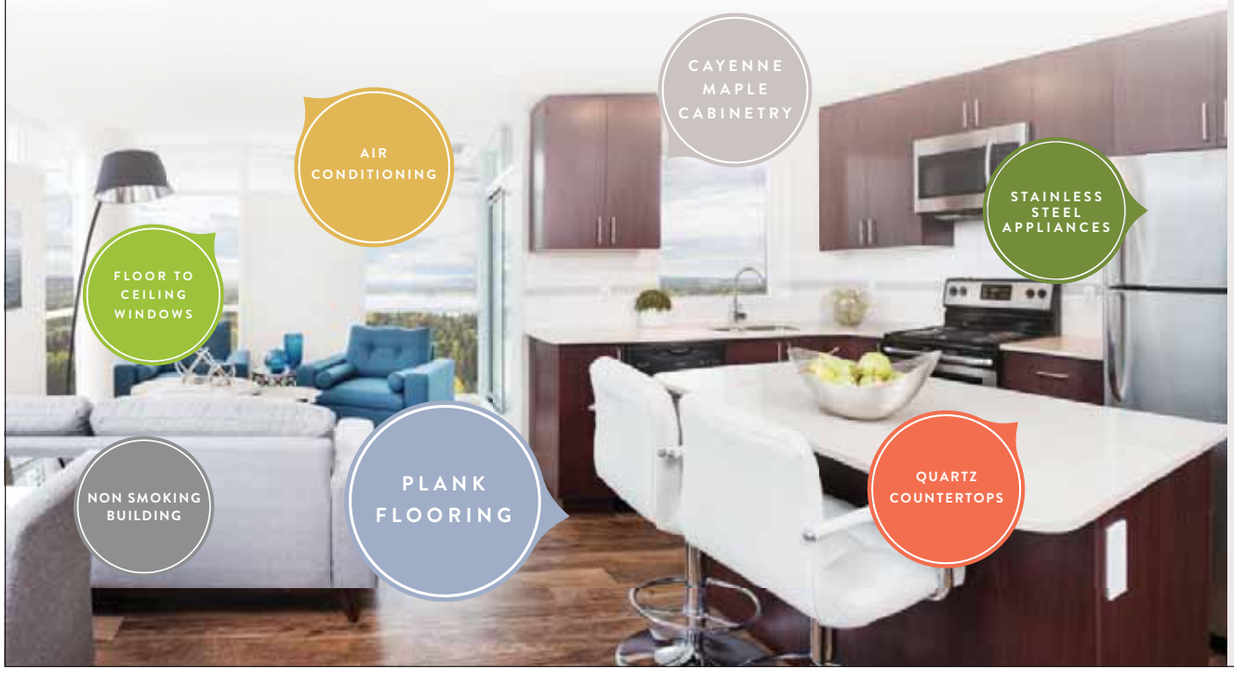

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Prosecutor sends officer, rioters to trial

Cairo. Death of a 32-year-old mother, stadium riot behind new court referrals

Soccer riot

On Tuesday the chief prosecutor general referred 16 of the 22 soccer fans to trial.

- **Brotherhood ties.** The fans are alleged to belong to the Muslim Brotherhood, and are thought to have accepted money to plot and execute the riot.

Egypt's chief prosecutor on Tuesday referred a police officer to trial for the killing of a female protester during a peaceful demonstration in a case that has captured public attention largely because it was so thoroughly documented.

The death of 32-year-old Shaimaa el-Sabbagh, a mother of a young boy, in January on the eve of the 2011 uprising's anniversary caused an intense public outcry. Despite widely circulated footage that showed two masked, black-clad policemen pointing their rifles in el-Sabbagh's direction as gunshots rang out and a voice commanded "fire," authorities initially denied that police had any involvement in her death.

Barely two weeks later, at least 22 soccer fans were crushed to death outside a stadium in Cairo after police fired tear gas to break up the crowd waiting in a narrow corridor to enter. Police accused the fans of attacking the force, and rioting.

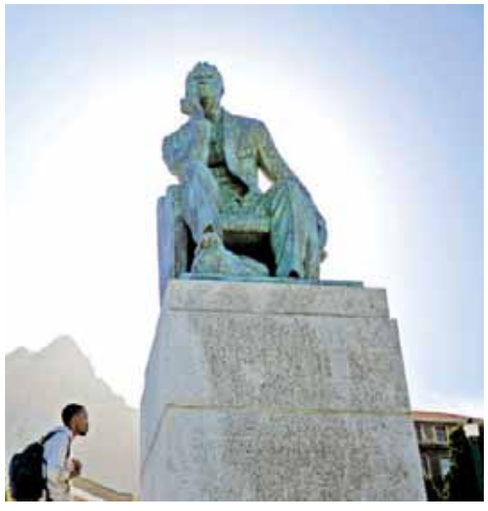
The office of chief prosecutor Hisham Barakat said in a statement that it was acting as an "honest broker" in the highly emotional cases.

Authorities have increased the crackdown on dissent following the military ouster of Islamist President Mohammed Morsi in 2013, accusing his supporters of being behind the violence that has gripped Egypt.

In a third case, the chief prosecutor closed the debate over the death of a young activist who disappeared following a 2013 protest in Tahrir square, only to surface days later in a hospital in a coma.

Barakat ruled out previous accounts that Mohammed el-Gindy died from torture while held in a security camp, referring a witness to the account to trial for "spreading false news that endangers public interest."

THE ASSOCIATED PRESS



Students want statue removed

Students walk past a statue of British colonialist Cecil John Rhodes at the University of Cape Town near the city centre of Cape Town, South Africa, on Tuesday. Last week, student protesters from the school tossed excrement at it, arguing the monument is a tribute to the white domination of the past. Students have organized a social media campaign called Rhodes Must Fall. SCHALK VAN ZUYDAM/THE ASSOCIATED PRESS

Brazil

Police defuse four prison rebellions

Police have quelled uprisings at four prisons in Brazil's state of Rio Grande do Norte, a law enforcement official said Tuesday. The Justice Secretariat believes the rebellions were co-ordinated by those belonging to an organized crime group. No deaths or injuries were reported. THE ASSOCIATED PRESS

Capital punishment

Pakistan executes 12 criminals

Pakistani officials on Tuesday executed 12 people in the country's single-largest day of executions since a moratorium on the death penalty was lifted in December, officials said. The executions are sure to raise concerns over due process and from human rights groups. THE ASSOCIATED PRESS

End of life

France approves bill to keep very ill patients sedated

France's lower house of Parliament approved a bill Tuesday that allows doctors to keep terminally ill patients sedated until death. The measure passed by a vote of 436 to 34. The bill now moves to the Senate. THE ASSOCIATED PRESS

Penn State

Police investigate fraternity over nude images

A fraternity at Penn State University has been suspended as police investigate allegations that members used a secret Facebook page to post photos of nude women, some of whom appear sleeping or passed out. THE ASSOCIATED PRESS

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Clothing

Canada Goose's claims challenged

Animal Justice has filed a complaint with the Competition Bureau alleging Canada Goose makes "false and misleading" claims. It says there is no evidence coyote fur around winter jackets' hood is warmer than fake fur, nor that coyotes are killed humanely.

THE CANADIAN PRESS

Video games

Nintendo forms alliance with DeNA

Nintendo is entering into an alliance with Japanese company DeNA Co. to develop games for mobile devices. This means Nintendo's trademark game franchises such as Super Mario and Pokémon could finally feature on smartphones and tablets.

THE ASSOCIATED PRESS

Airbnb

Buffett fans have shot at suite deal

Some fortunate Berkshire Hathaway investors at this year's annual meeting will get the chance to sleep in the same bedroom Warren Buffett did as a boy.

The home-sharing service Airbnb is offering a free three-night stay at the Omaha home around the May 2 meeting as a way to promote its services. Shareholders who want to stay at the three-bedroom house must submit short essays and prove they own Berkshire stock.

The crowd that fills Omaha's downtown arena and overflow rooms to listen to Buffett books every room in the region. Buffett's childhood home is about 15 minutes away from the arena. THE ASSOCIATED PRESS

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Single-serve coffee pods move along a conveyor belt in Lincoln, Calif., for packaging at the Rogers Family Company, one of more than a dozen businesses suing Keurig over what they claim are unfair efforts to shut out competing single-serve coffee rivals. RICH PEDRONCELLI/THE ASSOCIATED PRESS

Rivals accuse Keurig of bid to shut them out

Competition. Upgraded coffeemaker from industry leader designed to reject pods made by rivals

The environmental battle over coffee giant Keurig Green Mountain's $5-billion-a-year plastic pods is heating up after the single-serve coffee leader introduced a new coffeemaker that rejects pods made by rivals. More than a dozen manufacturers and other businesses are suing over what they claim is Keurig's unfair efforts to shut out rival pods.

Consumers complained about having to use only Keurig-affiliated brands, and environmentalists fumed about the steady stream of plastic pods to U.S. landfills.

Keurig has pledged to come up with a fully recyclable pod of its own by 2020.

One reason Keurig is locked into plastic right now is that nothing else seems to keep the coffee inside the pods fresh like it does, said Monique Oxender, the company's chief sustainability officer. Keurig is seeking more environmentally friendly materials, she said.

Jon Rogers of California-based Rogers Family Coffee, whose soy and corn byproduct-based pods are among those the new Keurig machine is engineered to reject, isn't waiting for the lawsuits to work their way through the courts. His family-run business recently produced a small black gizmo it calls the Freedom Clip, which they say lets consumers rig a Keurig 2.0 coffee machine so it accepts rival brands. Rogers mails them for free.

Rogers is also about to start distribution of biodegradable coffee pods marked with special ink that he says will fool the lock-out mechanism on the Keurig 2.0.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 78.27¢ (+0.02¢)

TSX 14,898.53 (+ 35.77)

OIL $43.46 US (- 42¢)

GOLD $1,148.20 US (- $5.00)

Natural gas: $2.855 US (+ 13.9¢)
Dow Jones: 17,849.08 (- 128.34)

VOICES

WHY DO WE DYE?

While we probably evolved to be attracted to colourful foods, some of the artificial tints in the products we buy might be harming our health

STEPHANIE ORFORD
readers@metronews.ca

Much of the food and drink we ingest is dyed with artificial colouring. And while some dyes are innocuous, others, such as Red 3 used in glacé cherries, have been shown to cause cancer in animals. ALL PHOTOS: ISTOCK

We love our colourful food. And for good reason.

Our primate ancestors are thought to have evolved to see reds because it helped them identify the nutritious red-tinged fruits and foliage in their environment.

Today, however, colour dyes play on our evolved desires — often to our detriment. A pack of red licorice has all of the brilliance and none of the nutrition, aside from the sugar, of a pomegranate or a raspberry.

St. Patrick's Day saw drinks, food and even bodies of water dyed green. How much green beer did you drink last night?

Why are we still dyeing our products when there seems to be an increasing dislike of dye and fake colouring, particularly among Millennials? Dyes in foods and other products are often unhealthy and usually unnecessary, and we need to put pressure on companies to approach dyeing with a more critical eye and consider halting the practice altogether.

People have loved colouring their food and possessions throughout history, says Darren Dahl, professor of marketing at UBC's Sauder School of Business, who specializes in consumer behaviour.

"Colour can impact emotions, so it's a critical issue for companies to think about when they design their products," Dahl says. Many companies even hire colour consultants to keep them on trend.

Every time I buy dairy products, I have to spend a long time sorting through artificially orange cheese and yellow butter to find undyed versions, and they're often more expensive. I doubt most shoppers are aware how many of their foods contain dye.

For some products, the tides are turning. In response to a petition in 2013, Kraft started offering a naturally coloured version of its iconic bright-orange macaroni and cheese. Hawkins Cheezies should take note.

Children's products have also grabbed the spotlight, generating demand for dye-free baby products, such as baby Tylenol. Other dyed products, such as butter, go largely unnoticed.

Ignorance seems to be bliss. People much preferred dyed to undyed cheese snacks, according to one Cornell University study.

"People ranked the taste as bland and said that they weren't much fun to eat," said Brian Wansink, a professor at Cornell University and director of the school's Food and Brand Lab. It's hard to say whether this reaction came about because the study participants were already intimately familiar with dyed cheese puffs. To them, bright orange might have seemed more "natural" because that's what they were familiar with.

While Millennials and other demographics are increasingly buying products with more natural and organic-looking colours, they're still not the majority, says Dahl.

"There are a lot of people that just don't care," he says.

Evidence has been mounting that many common dyes in foods and other products are unhealthy — some outright poisonous.

Many studies have shown that Red 3, used in glacé cherries, causes cancer in animals. One 1997 study showed that it damaged the DNA in human breast cells. Numerous studies on microbes and rodents have shown that their DNA is damaged when exposed to Yellow 5, a ubiquitous dye used in original Kraft Dinner. Both pigments are permitted in Canada, the U.S. and Europe.

In January, a Consumer Reports study suggested the high levels of caramel colouring in some soft drinks was carcinogenic.

Dyes have been shown to cause behavioural changes, too. Seven years ago, the Center for Science in the Public Interest unsuccessfully petitioned the U.S. Food and Drug Administration to ban artificial food dyes because of their connection to behavioural problems in children, including ADHD.

Not all dyes are created equal, however. They're a rainbow of different compounds, some of which are totally innocuous. Not every dye causes cancer. Still, it's worth stopping to question why we eat dyes, use them in our clothes, cars and packaging and dump them into our environment. Do you need dye in your life?

If Canadians vote with their wallets, product makers will listen.

Companies will stop producing dyed products if society demands it, says Dahl: "If people aren't going to buy the products with the dyes, they will stop making them."

Stephanie Orford is a writer based in Vancouver.

Inclusive condos good, inclusive neighbourhoods better

KRISTEN THOMPSON
readers@metronews.ca

Something pretty amazing in the world of social outreach happened in Toronto last week, and it's caught the attention of homeless advocates across the country. A 106-bed shelter for women and children was slated to close at the end of March, but a developer stepped in and offered space in a boutique condo in a trendy neighbourhood.

The news was celebrated around the city, especially in the community of Leslieville, where 50,000 people signed a petition demanding the shelter stay open.

This is great news on the surface and something all Canadian cities can learn from, says DJ Larkin, a lawyer with Vancouver rights group Pivot Legal Society. It proves that gentrification doesn't necessarily need to come at the expense of marginalized people.

But she says planners need to make sure mixed-income neighbourhoods still offer other affordable services for low-income residents, or else those residents will be pushed out regardless.

"It's not that development in itself is a bad thing," Larkin says.

"But trying to create these neighbourhoods out of nothing, that are forced mix, can be problematic."

What she's talking about is the continued need for places like laundromats, drop-in centres, affordable grocery stores and supportive housing — establishments that historically disappear as neighbourhoods gentrify and begin attracting high-end businesses.

"Even if there's low-income housing and shelters, there are less services that people can access and afford," Larkin says. "You may have a roof over your head but you can't do your laundry, you can't buy the food in your neighbourhood, food banks may start disappearing."

Her case-in-point is Vancouver's Woodward's project — a massive development in the Downtown Eastside that mixes high- and low-income residences.

While it has become a new model for providing social housing in an upscale development, it has also helped push out affordable shops and usher in a new wave of expensive stores.

Larkin says it's encouraging to know that residents of Leslieville rallied behind the shelter and support having low-income residents in their neighbourhood. But she worries that residents haven't considered all the implications of living in a mixed-income neighbourhood, and that to be truly inclusive, they need to advocate for all of the services that low-income residents need.

"Development is necessary, and we know it's going to happen," Larkin says. "It's a good thing ... to have community members with higher incomes advocate for (low-income residents). That's a really good starting place."

But her kudos comes with a caution: before municipalities take on more projects like this, let's do some research into how these developments affect the people we mean to help.

Kristen Thompson is a national editor with Metro News.

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SCENE 2

Big Brother is here

Third season. A jock, a plus-sized model, a self-appointed villain and a comedy writer vie for reality TV glory

Plenty of Big Brother houseguests have made a name for themselves by putting a proverbial foot in their mouth.

Big Brother Canada contestant Brittnee Blair, however, gamely inserts her entire fist in her mouth.

The curvaceous Calgary native displays her odd hidden talent while meeting with media in advance of the homegrown reality show's third season.

"Sure, why not?" Blair says when asked whether she'd perform the trick on the spot.

It's all about standing out, after all.

The 25-year-old plus-size model is among six reality show junkies Global has announced for the series this year.

Others include Sarah Hanlon, 27, an aspiring comedy writer from Toronto; Zach Oleynik, 22, a varsity quarterback who's proud to be Regina's first houseguest; Calgary native Ashleigh Wood, 21; Bobby Hlad, 26, a rock climbing instructor from Oakville; and history student Jordan Parhar, 21, of Cloverdale, B.C., who has appointed himself Season 3's villain.

"Bring it on," says the slim, bespectacled, self-described nerd. "That's the beauty of Big Brother — everyone thinks they're the hero, but I am going into this game knowing I'm probably going to be the villain because I'm willing to do whatever it takes to win this game. I'm willing to lie, cheat and backstab out of my butt until I get to the end."

As resident jock, Oleynik expects to be an early target and says he plans to hide his physicality until later in the game, a 24/7 challenge in which houseguests compete in a series of mental, physical and social competitions.

He admitted it'll be hard to stop from getting "right into the action," noting he's competitive by nature. "I was the guy that wanted to be on the student council and just represent people," Oleynik says. "I think that naturally I was always a leader on my sports teams and within school."

As for whether he has any tricks up his sleeve, there's a strong likelihood he'll be removing his sleeves — along with his entire shirt. "I'm someone who will probably roll around with my shirt off a bit," he admits. "But that's just who I am."

Others say they plan a more subtle game. Hanlon notes she's "always been a weirdo" but can also come across as goofy and loud. Her strategy is to play down her age and get people laughing.

"I come off really sweet and innocent and kind of like I maybe don't care about a lot of things too much, but I (do) deep down and so I'll do anything to win," says Hanlon, who said she'll tackle each day in the house like an improv class. More houseguests will be revealed Wednesday on ET Canada. This year, contenders will be housed in a newly renovated Big Brother Canada set outfitted with cameras and microphones to capture their every move. THE CANADIAN PRESS

At stake

- **Grand prize.** $100,000
- **Gift card.** $25,000 from The Brick
- **Trip.** Worth $10,000

The third season of Big Brother Canada premieres Monday on Global.

From left: Sarah Hanlon, Jordan Parhar, Bobby Hlad, Zach Oleynik, Brittnee Blair, and Ashleigh Wood

GOSSIP

Gabbana strikes back

NED EHRBAR
Metro World News in Hollywood

In a followup interview with Italy's Corriere della Sera, Stefano Gabbana is just plain shocked that Elton John is boycotting Dolce and Gabbana after their outrageous comments about gay parents having "synthetic" children. "I mean, you preach understanding, tolerance and then you attack others?" the designer says. "It's an authoritarian way of seeing the world. Agree with me or, if you don't, I'll attack you. I even posted the word 'Fascist!' on his Instagram."

Banks makes shocking revelations in Playboy interview

In Azealia Banks' Playboy interview, the rapper reveals that when she was 17, she dated a 43-year-old who physically abused her. "He choked me and beat me up, and of course you should not be f—ing with a man who puts his hands on you, but I was stupid and young." She also says she hates everything about America. "I hate fat white Americans," she says. EMILY LAURENCE/METRO

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No Place to Hide is a documentary film that traces Rehtaeh Parsons' case from the alleged sexual assault to her suicide and the media storm that followed. CONTRIBUTED

Women have strong presence at Hot Docs

Documentary. Lineup features films by prominent directors like Rama Rau

Documentaries about bullied teen Rehtaeh Parsons and former Newfoundland and Labrador premier Danny Williams are among the high-profile titles heading to a Hot Docs festival bolstered by a record number of female directors.

Hot Docs president Chris McDonald says 40 per cent of the directors this year are women. That includes Rama Rau's No Place to Hide, about Parsons' heartbreaking case, and Kristina Goolsby and Ashley York's opening night film Tig, about comic Tig Notaro's defiant spirit and humour in the face of a cancer diagnosis.

Female filmmakers have always been prominent at the festival, but McDonald says this year they seem particularly strong.

"Technology has allowed documentary to be much cheaper, faster and easier-to-make film and I think maybe because there are fewer gatekeepers green-lighting films — gatekeepers who may be male in some cases, probably in most cases — it's a much more democratic process," McDonald mused.

Organizers announced a slate of 210 films from 45 countries Tuesday, many of them centred on comedy or music. That includes Stay Awhile, a portrait of the Canadian '70s pop group the Bells, who organizers said will reunite for a special performance 30 years after topping the charts.

THE CANADIAN PRESS

Quoted

"Talent rises to the surface and there's nobody there to determine, based on gender or other issues, who gets past the goalposts."

Chris McDonald, Hot Docs president

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Orlando gets sophisticated

Florida. A city long associated with theme parks is experiencing a cultural boom thanks to the talented chefs and performers who call it home

Wine Enthusiast magazine recently named Orlando one the top wine travel spots in the U.S. ISTOCK

Long derided as a cultural wasteland, Orlando's restaurant and performing arts scene has grown up in recent years, and it is starting to attract attention from American arbiters of taste.

Wine Enthusiast magazine recently named Orlando as one of the United States' top wine travel destinations, and The New York Times singled out the city's food scene when it placed the city at No. 13 on its list of 52 Places to Go in 2015.

The rankings barely mentioned what the city is best known for: theme parks.

"Orlando was very synonymous, and still is, with the Mouse, and Disney, and people didn't really look outside of Disney," said James Petrakis, owner of The Ravenous Pig in the tony Orlando suburb, Winter Park. "Now with some of these newer restaurants, people are looking at some of the smaller suburbs outside Disney for a true local culture."

Adding to the buzz about the cultural scene: a new $500-million performing arts centre downtown, and an international hunt for a new symphony conductor that's attracted some well-known names. "We've gotten some national validation for things that we already thought were cool, but we thought they were cool just because it was something different for us. But now we know it's cool here and it would be cool if it were in New York or San Francisco," said Kamrin Rife, who, with her husband John and others, opened the East End Market. It houses a collection of artisanal bakers, coffee brewers, sushi chefs and a Basque restaurant.

Orlando always had a strong theatre scene, thanks to the many actors who work at theme parks, and also several acclaimed annual festivals, such as the Bach Festival of Winter Park and a fringe theatre festival. But the construction of the Dr. Phillips Center, financed partially with taxes on tourists, gives the city a world-class venue for local performing arts groups and national touring acts.

The hunt for a new musical director has led to sold-out shows as each of five finalists performs. Audiences get to vote for their favourite in what locals are joking is the classical music equivalent of American Idol. The finalists include Eric Jacobsen, a member of Brooklyn Rider, one of the best known and most cutting-edge string quartets around, and Mexican-American conductor Alondra de la Parra.

"All the candidates see the cultural community as on the cusp of something great," said David Schillhammer, executive director of the Orlando Philharmonic Orchestra.

Orlando used to be known as the chain-restaurant capital, a place where corporate restaurant companies would try out new concepts on the regular flow of tourists, and where every chain seemed to have planted a flag along the tourist corridor.

There always have been top chefs drawn to the kitchens at Walt Disney World, Universal Orlando and nearby resorts, but it has only been in the last decade that food entrepreneurs catering to locals have flourished, thanks to the low cost of setting up in Orlando, a vibrant food truck scene and the growth of local farms providing fresh meats and produce. In the process, those gastronomical efforts have produced seven James Beard Best Chef of the South semi-finalists from central Florida in the past three years.

A decade ago, "the perception of Orlando was that there were a lot of chains and there weren't a lot of people taking risks, and there weren't a lot of restaurants trying to push the envelope or be different," Petrakis said. "Now there is competition. There are a lot of young cooks who are getting good training. Now, they're pushing the envelope. There's getting to be so much competition now, that everyone is really trying to up their game. That's only going to generate better restaurants, service."

THE ASSOCIATED PRESS

More accolades

- **Wise Bread.** A website dedicated to penny-pinchers, calls Orlando the top city for frugal foodies in the U.S.
- **Movoto.** A real estate blog, ranked Orlando America's No. 2 city for creative people.

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A family hike that's off the beaten path

Nepal. You don't have to scale Everest to enjoy the peaks of the Himalayas — here's a tamer adventure that's also kid-friendly

Trekkers hike past a rustic guest house near Landruk, Nepal, as clouds shroud the top of Mt. Annapurna South. THE ASSOCIATED PRESS

Dawn's golden light catches the tops of the snow-capped Himalayas and gradually creeps downward as the rising sun lights up a sweeping arc of soaring peaks, at once forbidding and starkly beautiful.

The stunning vista from the top of Poon Hill — at 3,193 metres, the highest point of a six-day trek in Nepal — is among many highlights of a Lord of the Rings-like adventure through lush forests, terraced fields and traditional villages nestled above plunging valleys.

Sometimes the going is tough — like hiking two hours up steep, stone steps. Other times, you can walk along gently undulating woodland paths.

Along the way, there are rewards: children who run to greet you (sometimes asking for money or candy), wildflowers beside the path, breathtaking views and cups of hot masala tea at pleasant little rest stops.

If you're looking for a family adventure that immerses you in nature, beauty and a fascinating culture — and you're willing to rough it some — consider trekking in Nepal.

Children love the experience, particularly the camaraderie with other trekkers from around the world in common rooms at the "tea houses," or simple lodges.

Children as young as eight or nine could handle the popular 65-kilometre Ghandruk-Ghorepani-Poon Hill loop, located just south of the Annapurna Range. Small children can be carried on the backs of porters.

You can hike four to six hours daily, depending on the trail's difficulty, usually reaching a destination by 3 p.m., allowing time to relax before supper.

With good weather, this route will give you stunning views of a string of mountains, including Annapurna I (8,091 metres), 10th tallest in the world; Machapuchre, or "Fishtail," with its distinctively shaped peak; and the towering Dhaulagiri (8,172 metres), the world's seventh-tallest. Mount Everest, located 300 kilometres to the east, isn't visible on this loop.

The circuit starts and ends near the lakeside town of Pokhara, central Nepal's trekking hub. A guide can be hired through 3 Sisters Adventure Trekking, which specializes in training and employing women.

You can also hire a male porter to carry extra backpacks. Hiring guides is not only a way to get to know locals, it also offers them a valuable source of income.

Peak trekking season in October and November, when skies are clearest and temperatures hover between 15-25 degrees Celsius. You can hike in T-shirts and shorts (women's shorts should be knee-length out of respect for the local culture). But early mornings and evenings, when it can get as cold as 5 degrees and you will need fleeces and long pants.

April and May, also a good time to go, can be cloudier, but the rhododendron trees are in bloom. June, July and August are rainy.

Be prepared to rough it. Some tea houses offer hot showers but water supplies are often limited. Rooms run $3 to $5 a night and are spartan but clean. Blankets are available, but most trekkers bring sleeping bags, which can be rented or bought in Pokhara or Kathmandu at shops that sell everything you need, including knock-off brand fleeces and backpacks. Trekking poles, about $5 apiece, are recommended, especially when descending. Don't buy hiking shoes when you arrive; break those in at home.

The food is rather monotonous: Lots of dal bhat, or lentil stew with rice, plus curries, pastas and soups, and not much meat or fruit. Deep-fried "gurung bread" is quite good. You may want to bring canned tuna or meat, and energy bars.

As for that sunrise from Poon Hill: Wake at 5 a.m. and hike 45 minutes from the village of Ghorepani to see it, and share the experience with 300 to 400 other trekkers. Like the rest of the trip, the effort is well worth it. You get a panoramic view of both the Annapurna and Dhaulagiri ranges in all their majesty.

THE ASSOCIATED PRESS

If you go...

- **Getting there.** From Kathmandu, a fascinating city worth spending at least a day touring, head to Pokhara via Yeti Airlines or Buddha Air, or take a six-hour bus.
- **Trekking agencies.** Can arrange everything, including domestic travel in Nepal, lodging in Kathmandu and Pokhara, and packages that include trail lodging, food, guides, trekking permits, etc., but it's usually cheaper to make your own domestic hotel and travel reservations online. For the trek portion, you can pay a package price, or pay for lodging and meals as you go, and a guide by the day. Two recommended outfits:
- **3 Sisters Adventure Trekking.** Based in Pokhara, specializes in female guides, 3sistersadventuretrek.com
- **Moonlight Nepal Trekking and Adventure Tours.** Based in Kathmandu, allocates some profits to children's health care and education.
- **Visas.** Citizens of all countries except India require tourist visas, available at Kathmandu's airport or through Nepali embassies and consulates.

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The Mauritshuis in the Netherlands is home to famous paintings like Johan Vermeer's Girl with a Pearl Earring. ISTOCK

Avoid the tourist hordes with these museum trip tips

Culture. Seeing great works of art and historic artifacts is a great way to spend your holiday time — just know when to go

ON THE MOVE
Loren Christie
life@metronews.ca

The world's most popular museums are a huge draw but they can also kill a sightseeing buzz if you are forced to wait in line for hours.

To avoid the crowds, go first thing in the morning before the bus tours and cruise excursions show up. Or go late, after dinner.

Museums like the Uffizi, Vatican and Rijksmuseum in Amsterdam all offer timed advance tickets for sale, allowing visitors to avoid lines. Often by signing up with a group tour, your pre-purchased tickets will be included and may also get you a fast-track entrance or perhaps a private back-door pass. If you aren't inclined to join group tours, check into whether individual combination passes might be available.

Paris' Museum Pass covers many top sights — including the Louvre and Versailles — and affords you line-skipping privileges.

By visiting smaller, somewhat lesser known museums, you can also avoid the masses. One of my favourites is the National Portrait Gallery in England. Located on the back side of London's massive National Gallery, it offers a quick snapshot of the history of Britain through portraits of its famous citizens, from Elizabeth I to David Beckham, by famous citizens. The collection includes work across all media, from painting and sculpture to photography and video.

Another favourite is New York City's Frick Collection. The building belonged to a wealthy industrialist who lived with his family off Central Park so there is the story of the art, but also of the collection, owner and building.

Housed in a recently renovated 17th-century Dutch heritage building, the Mauritshuis in the Hague is home to some of the best-known Dutch paintings from the Golden Age. Masterpieces such as Vermeer's Girl with a Pearl Earring, The Anatomy Lesson of Dr. Nicolaes Tulp by Rembrandt and The Goldfinch by Fabritius are on permanent display.

Used by the Queen and her family for decades, The Royal Yacht Britannia is now permanently moored in Edinburgh, Scotland. A visit here gives insight into the history of the vessel and how the Royal family and crew lived and worked on board. The tour showcases the art, history and personal stories of the royals and the dignitaries and celebrities they hosted.

Deal

Discount airfare for exotic cruises

Avalon Waterways is offering low airfares — from just $299 — when you book select 2015 cruises through Europe or Southeast Asia before April 7. Cruise down the Rhine from Amsterdam to Basel, down the Rhône to the Côte d'Azur, down the Danube to Vienna or through Vietnam and Cambodia on intimate small ships with all the comforts of home and then some. Visit AvalonWaterways.ca. DOUG WALLACE/METRO

New

Le Méridien Versailles gets a makeover

Montreal's Le Méridien Versailles just finished renos to its 105 rooms in the heart of the city's Golden Square Mile, with new furnishings and decor, new TVs and docking stations, low-flow toilets and more. The hallways got in on the new look as well. Rates start at $129. Starwood Preferred Guests get 1,000 points per stay, plus free Wi-Fi. Mention promo code RENO2015 at lemeridienversailles.com. DOUG WALLACE/METRO

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Work meetings don't have to feel like a waste of your time. ISTOCK

Productivity. Make the most of meeting minutes

People can often feel like work meetings are a waste of time, with colleagues talking in circles and repeating the same facts as previous weeks. Here are some tips to maximize your meetings:

Develop a meeting agenda
If you are the one who has called for the meeting, make sure you lay out an agenda of what needs to be covered. This will give the attendees an opportunity to prepare ahead of time for the meeting, which will likely result in higher productivity.

Come prepared
Don't show up for a meeting empty-handed. Take a look at the agenda and find out what you are required to bring to the meeting. Bring any information that people may ask you to provide from your department. Also, bring along any questions for other attendees that you want answered.

Stay on task
Without an agenda or a mediator, a meeting can spiral off task pretty quickly. Assign one person to be the moderator of the meeting — they will be responsible for watching the clock and ensuring the team follows the agenda. As each topic on the agenda is discussed and answered, they will be responsible for checking it off the list.

Plan your next steps
What are the next steps that will need to take place after the meeting? End every meeting with an action plan.

LAUREN MARINIGH/TALENTEGG.CA

How to avoid communication breakdowns in the workplace

Tips. Get your points across in the most effective way possible

JINGWEI CHEN
TalentEgg.ca

Broken telephone is a fun game to play — but not so much in the world of professionals.

Miscommunications can lead to mistakes and poorly produced work, as well as sour relationships and workplace environments. Moreover, it can be time-consuming and difficult to correct the error, especially if you don't realize the other person misunderstood in the first place.

The following tips are applicable to more than the workplace, so keep these in mind for the future.

Don't beat around the bush
This goes for both conversations and emails. Start with the subject you wish to discuss, then elaborate.

For example, "I want to talk to you about taking two weeks off for vacation next month" would be a good way to start, then follow with "I have accumulated this many vacation hours and I want to check with you that the team will be fine while I'm away."

In emails, make sure the subject line is clear and specific.

Co-worker didn't understand that emoji? Maybe you need to be a little clearer next time. ISTOCK

Do your research beforehand
Don't start a conversation without knowing all the details.

For example, if you want to discuss attending a conference, know when and where it is, how much would it cost, and who will be attending.

This allows you to keep work conversations efficient.

This also applies to emails: if there is too much back and forth in an email, you risk burying important information in the chain.

Style matters

If appropriate, consider using bold or italics in emails.

- This will be most helpful if your email has multiple sections and you can emphasize the headings to clearly distinguish these sections.
- It can also be helpful to bold or italicize a few important things; for example, if an important report is due on a certain date, bold it.

Summarize
End conversations with a quick summary. For example, say "So just to make sure we're on the same page, you're going to research this and I'm going to draft the report due next week." If the other person was unsure about something during the conversation or forgot, this is a great way to clarify everything.

Write a followup email
Miscommunications are less likely to happen in written communication, since everything is documented and people are usually able to reread any info they missed. Not only will you have a record to refer to later, it's helpful to summarize important meetings and conversations. Just a few bullet points will do. Make sure to send the email to everyone that would have attended the meeting, so if a colleague missed it, they will be updated.

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ROBERTSON COLLEGE

Don't be shellfish — share the shrimp

Recipe. Skillet Shrimp with Roasted Red Pepper Lemon Sauce is a nice alternative to typical weeknight meal options

DINNER EXPRESS
Emily Richards
food@metronews.ca

Many people like to save shellfish like shrimp for special meals or occasions.

The cost might not be within your dinner budget and that's understandable. If you're an avid grocery shopper, be sure to keep your eyes on the prices of those frozen bags of shrimp.

They do get reduced and because they are frozen they are great to have on hand.

Thawing them in the refrigerator in their bag in a bowl overnight is one of the best ways to thaw them so that their texture isn't affected.

This recipe serves four. EMILY RICHARDS

You can also choose from a variety of sizes — large, jumbo, colossal, medium, smaller and baby shrimp as well. What you may want to look at is the number per pound on the bag to find out how many shrimp you will be getting.

I find the 21 to 25 count per pound is a great fit for families of four — everyone gets about six.

In this Skillet Shrimp with Roasted Red Pepper Lemon Sauce dish, the sauce comes together easily and it is a perfect supper to serve over rice or pasta.

The shrimp is equally delicious served on its own as an appetizer with some crusty bread to sop up the sauce.

If you want to change things up, try using scallops instead of shrimp or use a combination of both.

Directions

1. In a large non-stick skillet, heat oil over medium-low heat and cook garlic and chili flakes for 1 minute. Add roasted red peppers, parsley, lemon juice and capers, stir to coat and bring to boil.

2. Add shrimp and black pepper; toss to combine. Cook stirring 5 minutes or until shrimp are pink and firm.

3. Spoon shrimp and sauce over rice to serve.

Ingredients

- 1/4 cup (60 ml) extra virgin olive oil
- 3 cloves garlic, minced
- Pinch hot pepper flakes
- 1 cup (250 ml) diced roasted red peppers
- 1/4 cup (60 ml) chopped fresh Italian parsley
- 3 tbsp (45 ml) lemon juice
- 1 tsp (5 ml) drained small capers
- 1 lb (454 g) large raw shrimp, peeled and deveined
- Pinch fresh ground black pepper
- 3 cups (750 ml) cooked brown or basmati rice

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Health

More reasons to avoid excess salt

ISTOCK

Even in the absence of high blood pressure, it's best to avoid excess salt for optimal heart, kidney, brain and vascular function, say researchers at the University of Delaware in the U.S. in a paper reviewing recent research and clinical data.

Excess salt can reduce functioning of the inner lining of the blood vessels, which plays a role in immunity and blood clotting.

It could hinder vasodilation — which is the widening of blood vessels — and impair the functioning of tiny veins, regardless of your blood pressure measurements, according to the researchers.

As far as the heart is concerned, salt could help you build up too much muscle in the wall of the heart's principal chamber, which leads to diminished pumping power. AFP

11-time builder of movie night with the kids

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Celebration of horseradish

This recipe celebrates horseradish — not the sauce you find next to the roast beef at an all-you-can-eat buffet, but the actual root. In this recipe, a chimichurri sauce (with beet greens instead of herbs) gets spooned over roasted fish as it comes out of the oven. The heat will make the flavours in the sauce sing.

1. Heat oven to 400 F. Line rimmed baking sheet with kitchen parchment.

2. Use 1 tbsp oil to brush over both sides of fish, then season with salt and pepper. Place tilapia on prepared baking sheet. Bake until tilapia is no longer translucent, about 10 minutes.

3. Meanwhile, finely chop beet greens, and set aside.

4. In blender, place remaining 1 tbsp. of olive oil, lemon juice, vinegar, shallot, Worcestershire sauce and horseradish. Blend until shallot is puréed, 10 seconds. Add beet greens to blender and pulse couple times, just to coat beet greens with vinaigrette. Add 2 tablespoons of water if mix is too dry. Pour chimichurri into a bowl and season with salt and pepper.

5. Once fish is cooked, place the fillets on serving plates, then spoon the chimichurri over the hot fish. THE ASSOCIATED PRESS/MELISSA D'ARABIAN, AUTHOR OF THE COOKBOOK, SUPERMARKET HEALTHY

Ingredients

- 2 tbsp olive oil, divided
- 1 1/2 lbs tilapia fillets
- Kosher salt and ground black pepper
- 1 bunch beet greens, washed thoroughly and dried
- 3 tbsp lemon juice
- 2 tbsp red wine vinegar
- 1 shallot, roughly chopped
- 1 tsp Worcestershire sauce
- 1 to 2 tbsp grated fresh horseradish

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Home Matters

Looking for skilled professionals to help your home? Does it need a little TLC? Time to tackle that project in your house that has been bugging your for too long but you're not sure where to go for help? Look no further! Below is a list or local qualified outlets looking to help you out.

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Flames still aiming for playoffs minus captain

NHL. With Giordano out for season, Flames keeping pace in tight race to post-season

The Flames' Brandon Bollig fights Ryan Reaves of the St Louis Blues during Tuesday night's game at the Saddledome. Go to metronews.ca for more Flames coverage. DEREK LEUNG/GETTY IMAGES

Basketball has the so-called Patrick Ewing Theory to explain how players on a team that loses its best player raise their game to compensate. Hockey may soon have the Mark Giordano effect.

Giordano was a Norris Trophy candidate for the Calgary Flames before a torn biceps tendon ended his season in late February. Without their captain, the Flames have gone 5-2-1 to not only keep their playoff hopes alive, but strengthen them.

General manager Brad Treliving didn't question his team's resolve in the face of that devastating injury, but he also didn't know how the season would turn.

"Whether we were going to have enough, that was the question," Treliving said at this week's NHL general managers meeting in Boca Raton, Fla. "I can't say enough about the job people have done, and not just on the blue-line. You've seen people's minutes increase, you've seen their responsibility increase, and everybody's done a wonderful job."

Defencemen Dennis Wideman and Kris Russell are averaging 28 minutes a game in Giordano's absence, big increases from their previous workload. Wideman also has nine assists.

Up front, Jiri Hudler has six goals and six assists with two game-winners, Sean Monahan has seven goals and four assists with two game-winners, Johnny Gaudreau has four goals and five assists and Mikael Backlund has three goals and five assists.

Calgary needed players to seize opportunities, and they've done it beyond anyone's expectations.

"You need that, first of all. You need people to step up," Treliving said.

"No. 2, there's not a player alive that wants less. There's nobody that comes to you and says, 'Play me less, I think I've got too much responsibility.' So now it's an opportunity for them to say, 'Hey, I'm going to grab a hold of it.'"

Even before Giordano's injury, Treliving pointed out that his team was never so solely dependent on one player that others could justify having an off-night.

"We need everybody," Treliving said. "To me that's the great thing about playing here: You're not in the shadows — you're needed."

With 12 games left after Calgary's 4-0 home loss to the St. Louis Blues on Tuesday night, the Flames still sat in third place in the Pacific Division with 81 points. The team has impressed many hockey observers by staying in the playoff hunt over the last two weeks without Giordano.

Still, Treliving doesn't see making the playoffs as a bonus, even given the youth of his team and Giordano's injury.

"We don't look at this as saying, 'Aw, shucks, we won't be disappointed,'" he said. "The guys aren't just saying, 'Hey, whatever happens happens.' You're invested. You've put a lot in physically, emotionally. There's one goal here for this team right now and that's to get in, and we've put ourselves in a position where we can do that.

THE CANADIAN PRESS

Blue Jays

Edwin expected to play in opener

Blue Jays slugger Edwin Encarnacion, who has been out for a week with a sore back, is "not concerned at all" about his readiness for Opening Day, general manager Alex Anthopoulos said Tuesday.

Edwin Encarnacion GETTY IMAGES

"Because it happened at the beginning of spring training, he's going to be able to get into game shape."

Encarnacion is expected to resume hitting drills this week.

TORSTAR NEWS SERVICE

Curling

Jones continues to roll in Japan

Canada's Jennifer Jones picked up two more victories Tuesday to remain tied for first place at the women's world curling championship.

The Winnipeg skip crushed Aileen Sormunen of the United States 10-2 in the early draw before topping Denmark's Lene Nielsen 8-7 in Sapporo, Japan. Jones hit a draw to the four-foot with her final throw in the 10th end to improve to 6-1.

"It was a grind from the very beginning, but it's nice getting games like that," said Canada lead Dawn McEwen.

"It forces you to have to make more precise shots and winning that way is great."

THE CANADIAN PRESS

Over the Moon: CFL fetes its new commish

Jeffrey Orridge.
Passionate sports executive will take over from Mark Cohon

New CFL commissioner Jeffrey Orridge THE CANADIAN PRESS

The league that blazed the trail for black quarterbacks in pro football now has its first black commissioner.

Longtime sports executive Jeffrey Orridge will take over the CFL's top job next month. He succeeds Mark Cohon, who stepped down in January after eight years on the job.

Orridge leaves his position as executive director of sports and general manager of Olympics at CBC to take the CFL helm, becoming the first black commissioner in major North American sports.

"I'm fully cognizant of that and fully embrace it," Orridge said Tuesday in Toronto. "I'm very proud of where I've come from, my background, my heritage.

"I don't think of myself as a black sports executive, I don't consider myself the black commissioner. I consider myself the 13th commissioner of the CFL with an obligation and responsibility to carry on and build on my 12 predecessors and all their work."

Growing up, the 54-year-old New York native remembers his father praising the CFL for allowing Warren Moon to play QB when no NFL team would.

"My father and I when I was growing up were watching a CFL game and he said to me, 'This is why I love Canada, Jeffrey,'" Orridge said. "I didn't quite understand and he pointed to Warren Moon and said, 'If you're qualified, if you're capable, if you deserve it you will get an opportunity in Canada and Canada is truly the land of opportunity.'"

Orridge has lived with his family in Canada since 2007, and the Harvard Law School graduate is soon to become a Canadian citizen.

THE CANADIAN PRESS

Quoted

"That's why the CFL has always held a special place in my heart.... It was about opportunity and access and fairness."
Jeffrey Orridge

Corey Mace celebrates after November's Grey Cup win. GETTY IMAGES

CFL

President's Ring for key man Mace

The Calgary Stampeders players have singled out teammate Corey Mace for his contributions in a championship season.

The defensive tackle from Port Moody, B.C., was the recipient of the Presidents' Ring, a team award presented annually for performance on and off the field.

"This is for me, something I've been keeping an eye on myself and voted on in years prior," Mace said Tuesday at McMahon Stadium. "It is voted on by your teammates and to have that respect from your brothers in the locker-room, that's truly important."

Mace had a tackle in the Grey Cup game and an "extremely important sack that was a game-changer," Stampeders president Gordon Norrie said, to help Calgary to a 20-16 win over the Hamilton Tiger-Cats.

The six-foot-three 286-pound defensive lineman recorded 11 tackles, a sack and had a 10-yard fumble recovery that set up a touchdown over his 12 starts last season. THE CANADIAN PRESS

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AMVIC Licensed. *Lease payments of $29/$55/$60 on the 2015 Micra®/2015 Altima/2015 Rogue must be made on a monthly basis and cannot be made weekly. Weekly lease payments are for advertising purposes only. †The $1,000/$1,000 additional discount offer is valid on the purchase financing or lease (at inception) of select new 2015 Altima Sedan/2015 Rogue, $1,000/$1,000 is comprised of: $750/$750 NCF cash and $250/$250 dealer participation. Offer valid March 11-31, 2015. Offer is based on stackable trading dollars. Offer is available to eligible customers for a limited time on approved credit only. The discount is to be deducted from the negotiated selling price before taxes. Applicable to Nissan Canada Finance (NCF) contracts only through subvented NCF finance, lease or NCF cash finance only on a 2015 Micra® 1.6 S, MT (S5L55 AA00)/2015 Altima 2.5 (T4LG16 AA00) transmission/2015 Rogue S FWD CVT (LXRG16 NA00) models. Not available on Micra® 1.6 S, MT (S5L55 AA00)/2015 Altima 2.5 (T4LG16 AA00) transmission/2015 Rogue S FWD CVT (LXRG16 NA00) models with subvented lease or finance rates. Not available on Micra® 1.6 S, MT (S5L55 AA00)/2015 Altima 2.5 (T4LG16 AA00) transmission/2015 Rogue S FWD CVT (LXRG16 NA00) models with $0 down, 0% APR or 1.99% APR for 60 months. Offer is valid from March 3, 2015 to March 31, 2015 (the "Offer Period") and will expire on the earlier of: (i) the date on which the maximum number of Service Visits has been reached; (ii) 36 months from the Transaction Date; or (iii) when the Eligible Vehicle has reached 48,000 kilometers. All Eligible Services must be completed during the Service Period, otherwise they will be forfeited. The Offer may be upgraded to use premium oil at the recipient's expense. The Eligible Services are not designed to meet all requirements and specifications necessary to maintain the Eligible Vehicle. To see the complete list of maintenance necessary, please refer to the Service Maintenance Guide. Any additional services required are not covered by the Offer and are the sole responsibility and cost of the recipient. Offer may not be redeemed for cash and may not be combined with certain offers NCESI reserves the right to amend or terminate this offer, in whole or in part, at any time without prior notice. Additional conditions and limitations apply. Ask your retailer for details. Representative 4.99% APR for a $20,000 (60 month term equals monthly payment of $398.58 (taxes and fees not included). Cost of borrowing is $3,912. Total obligation is $23,912. Offer is available on approved credit from March 3, 2015 to March 31, 2015. $250/$250 dealer contribution and $500/$500 NCF cash applied only on the 2015 Micra® 1.6 S, MT (S5L55 AA00)/ 2015 Altima 2.5 (T4LG16 AA00) CVT transmission. **$31,868 Selling Price for a new 2015 Murano S FWD CVT (LXRG16 NA00). Conditions apply. ***MSRP starting from $29,998 for a new 2015 Nissan Murano S FWD (LXRG15 NA00) excluding Freight and PDE charges and specific duties of new tires. ▲Models shown $16,237/$35,663/$36,468/$45,368 Selling Price for a new 2015 Micra® KROM MT (S5RG55 KR00)/2015 Altima 3.5 SL CVT (T4SG15 NV00)/2015 Rogue SL AWD Premium (Y8DG15 BK00)/2015 Murano Platinum AWD (LXEG15 TE00). $1,000 bonus cash not included in model shown. ▲▲Freight and PDE charges ($1,450/$1,695/$1,750/$1,750), air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Retailers are free to set individual prices. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. Offers valid between March 3 - 31, 2015. ‡Based on full-line brands (those selling both cars and trucks) on a rolling 12 month year over year retail sales volume basis. ◊Based on GAC (AIAMC) Intermediate segmentation. All information compiled from Natural Resources Canada Fuel Economy data and third-party sources, including manufacturer websites. November 26, 2014. Offers subject to change, continuation or cancellation without notice. Offers have no cash alternative value. See your participating Nissan retailer for complete details. ©1998-2015 Nissan Canada Inc. and Nissan Financial Services Inc., a division of Nissan Canada Inc.

2015 Dodge Durango

- **Type.** Five-door, AWD, midsize SUV
- **Engine.** 3.6-litre V6 (290-295), 5.7-litre V8 (360)
- **Transmissions.** Eight-speed automatic
- **Base/as-tested price (incl. destination).** $44,295/$60,580

Market Position

• Positioned at the more off-road capable end of the midsize SUV spectrum.
• As a brand, Dodge is trying to become performance oriented, and more desired by younger buyers.
• One of the few midsize SUVs available with a big V8 for even more towing and hooligan possibilities. Also so far the only vehicle endorsed by Ron Burgundy.

Notable Features

• Optional HEMI V8 features FuelSaver MDS, which deactivates 4 cylinders when full power not required.
• Standard third-row seats. Second row can be optioned with heated seats.
• Available with Chrysler's biggest and brightest 8.4-inch touch-screen display.
• New modern-looking front with LED daytime running lights.

A heated steering wheel and top end tech is offered up front.

Points

• Current generation debuted in 2011, on the new Jeep Grand Cherokee platform, with a major mid-cycle update completed for model-year 2014.
• Heavy speculation that Chrysler will discontinue Durango after 2015 model year, even though recent and attractive update a hit with lots of buyers, particularly in the U.S.

Durango is a soulful performer

PHOTOS: MIKE GOETZ

Review. Big HEMI V8 makes this Dodge a smooth, enjoyable ride

MIKE GOETZ
drive@metronews.ca

Dodge brand is earmarked to concentrate in the future on cars and crossovers with an edge, leaving the serious SUV thing to Jeep.

With the Durango being the Dodge version of the Jeep Grand Cherokee, it looks like Durango might be the odd man out in a future Dodge product plan shakeout. So the Durango could possibly disappear from the lineup in a year or two. All the more reason to experience Durango while we can, and if you're going to do that, you might as well do it with a HEMI V8 aboard; a transformative power plant if there ever was one.

The HEMI's 360 hp and 390 lb-ft of torque basically turn anything into a supremely effortless and smooth cruiser on the highway, and supremely entertaining urban assault vehicle.

As with Durango's other power plant (the 3.6-litre V6), the HEMI is hooked up to Chrysler's new eight-speed automatic transmission. With all those gears and the HEMI's FuelSaver MDS system — which deactivates four cylinders when full power is not required — a modicum of fuel efficiency is delivered from the big V8. Transport Canada rates it at 17.3 L/100 km City, and 11.5 L/100 km Highway.

The HEMI is the exclusive engine for Durango R/T (our test vehicle), which sits atop of the Durango range. R/T models just sneak in under $50,000 (excluding destination charge), but our tester also had all the fancy safety systems, a rear DVD system with two screens, rear captain chairs, tow package, leather, and Chrysler's top-shelf Uconnect infotainment system, with the big 8.4-inch touch screen, to ring in at an impressive $60,680 (including destination).

The Durango offers plenty of cargo volume.

That's a big ticket, but this Durango R/T is not wanting for anything, and offers a true luxury experience — in a brand not normally associated with luxury.

Steering feels a bit too over-assisted for our tastes, and while the Durango goes where it's pointed eagerly, it does so with a slight bit of body roll. Competitors seem to have a bit more body control.

The other item where competitors might have an edge is in interior packaging. While the Durango's cargo volume is probably more than enough for most people, some of the new same-size crossovers do carve out more interior space.

Durango's third row is pretty much like all third rows; great for kids and temporary travelling, and that's about it.

But up front, in the driver's perch, and in the two great captain chairs in the second row, life is good. Lots of soulful power. A very high-end feel, with leather and top-end tech, like adaptive cruise control and heated steering wheel. An infotainment system that you can actually figure out. A commanding view of road. And knowing you're driving a very handsome truck, resplendent with 192 LEDs in the taillights and projector headlamps and LED daytime running headlamps at the other end. A cool, big fast red thing.

Compare

1 Toyota 4Runner
Base price: $40,750 Real
4x4 capability, but feels dated

2 Nissan Pathfinder AWD
Base price: $34,418
More crossover than SUV

3 Chevrolet Tahoe 4X4
Base price: $55,895
Totally truck-based, for serious towing

DRIVE

Geneva Motor Show: What we learned

The shape of cars to come. Geneva gave us a glimpse into the auto world's best and brightest

Geneva is dubbed the auto show for the one per cent for good reason.

It is here more than at any other event on the automotive calendar that the world's most exclusive brands decide to showcase their latest wares.

However, alongside this automotive exotica, a host of mainstream motors big and small were unveiled. Showcasing both the exciting and practical, this year's show was one of the most inclusive in recent memory and as a result offered clear insight into the trends, functions and features that will be driving the industry forward over the coming years.

The supercar market is on track

The McLaren 675LT, Porsche 911 GT3 RS and the Aston Martin Vantage GT3 all made breathtaking debuts at this year's show and each is a car designed for track-day racing rather than boulevard cruising. As McLaren's chief test driver Chris Goodwin explained of the 675LT, it is a car built to be driven to a track, round the track and then back home again.

In other words, it would be impossible to live with as a daily driver. McLaren and Aston Martin took things one step further, unveiling cars that were track only and therefore illegal for road use.

The need for speed is universal

Alongside supercars, there was a raft of hot hatchback unveilings, most notably the new Ford Focus RS and the Honda Civic Type R, both of which boast phenomenal performance, but can and will be used as everyday cars.

During its unveiling, Jim Farley, Ford's executive vice-president and president Europe, Middle East and Africa, said of the Focus: "It's our mission to make performance accessible to as many people as possible."

He also promised that 12 performance models to suit all budgets were heading for European Ford dealerships.

The 675LT was one of a number of track-focused supercars making its debut. MCLAREN/AFP

Ford says the new Focus RS is a glimpse into the future. FORD MOTOR COMPANY/AFP

Even Aston Martin has accepted that the crossover is popular. ASTON MARTIN/AFP

Design

Interior beauty

Nothing came close to Serenity, a one-off Rolls-Royce Phantom with a hand-woven, hand-dyed, hand-embroidered and hand-painted silk interior, even though Mercedes made a huge effort. The German company unveiled the Maybach Pullman, which, at 6.5 metres from nose to tail, is the longest production car in the world, designed to seat two rear-seat passengers in absolute fully reclining luxury.

This silk lined Rolls-Royce Serenity has raised the bar in terms of what is possible in terms of craftsmanship. ROLLS-ROYCE MOTOR CARS/AFP

Luxury has no limits

As well as speed, comfort was high on the list on most stands.

Ford introduced the new Titanium X specification for a number of models at the show, which takes creature comforts and cabin materials up to a new level for mass-market cars, and also showcased the Vignale sub brand that will offer clients bespoke levels of service and huge personalization choices for a new car.

Everything crosses over eventually

Geneva was big for SUVs and crossovers. Renault showcased the family-friendly Kadjar, which wants to offer an alternative to the Nissan Qashqai; Mazda's CX-3 wants to be a more esthetically pleasing alternative to the Nissan Juke and Renault Captur; and Seat's 20V20 concept will be competition to all of these when the production model launches in 2016.

Geneva also saw a refreshed Range Rover Evoque and the confirmation that a convertible version is in the works but the biggest surprise in terms of off-roaders came from Aston Martin with its DBX concept that signals that nothing is immune from the crossover treatment.

Boutique brands are booming

The increasing crossoverfication of the industry highlights the fact that most companies are now part of larger groups that share platforms and technology.

The Renault Kadjar and Nissan Qashqai share many of the same components, for instance, and often it's just exterior design flourishes that separate an elevated Audi from a VW crossover or SUV.

Yet despite this homogenization, tiny independent marques are still performing.

Niche British company Morgan showcased a new Aero 8 flagship model, coachbuilder Touring Superleggera wowed the crowds with its bespoke take on a Ferrari F12 Berlinetta — and Swedish supercar firm Koenigsegg unveiled two new models, one of which, the Regera, boasts over 1800bhp, a hybrid drivetrain and no traditional form of transmission system.

AFP

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¤2014 EnerGuide highway fuel consumption ratings. Government of Canada test methods used. Your actual fuel consumption may vary based on driving habits and other factors. Ask your dealer for the EnerGuide information. 2015 Chrysler 200 2.4 L Tigershark™ MultiAir® I-4 – Hwy: 6.4 L/100 km (44 MPG) and City: 10.2 L/100 km (28 MPG). Wise customers read the fine print: *, ‡, §, The Drive It Love It Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after March 3, 2015. Offers subject to change and may be extended without notice. All pricing includes freight ($1,695) and excludes licence, insurance, registration, any dealer administration fees, other dealer charges and other applicable fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. *Consumer Cash Discounts are offered on select new 2015 vehicles and are deducted from the negotiated price before taxes. ‡3.49% purchase financing for up to 96 months available on the new 2015 Chrysler 200 model through RBC, Scotiabank and TD Auto Finance. Dealer order/trade may be necessary. Example: 2015 Chrysler 200 LX (28A) with a Purchase Price of $20,998 financed at 3.49% over 96 months with $0 down payment, equals 208 bi-weekly payments of $116 with a cost of borrowing of $3,082 and a total obligation of $24,080. §Starting from prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g., paint). Upgrades available for additional cost. ≈Sub-prime financing available on approved credit. Finance example: 2015 Chrysler 200 with a purchase price of $20,998 financed at 4.99% over 60 months, equals 130 bi-weekly payments of $183 for a total obligation of $23,746. Some conditions apply. Down payment is required. See your dealer for complete details. ±Based on 2014 *Ward's* lower middle sedan segmentation. ®Jeep is a registered trademark of Chrysler Group LLC. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc.**

Carmakers want to clean up diesel's image

United Kingdom.
Campaign hopes to clear up misconceptions about diesel's green credentials

They're more expensive to buy, but the new diesel-engine cars are cheaper to run, offer better fuel efficiency than gas-run or even many hybrid cars, and, thanks to a number of upgrades, have also become less sluggish, quieter and kinder to the environment.

Yet despite ongoing popularity in the region (55 per cent of new cars sold in Europe are diesels) they're still perceived by many motorists as adding to rather than reducing pollution.

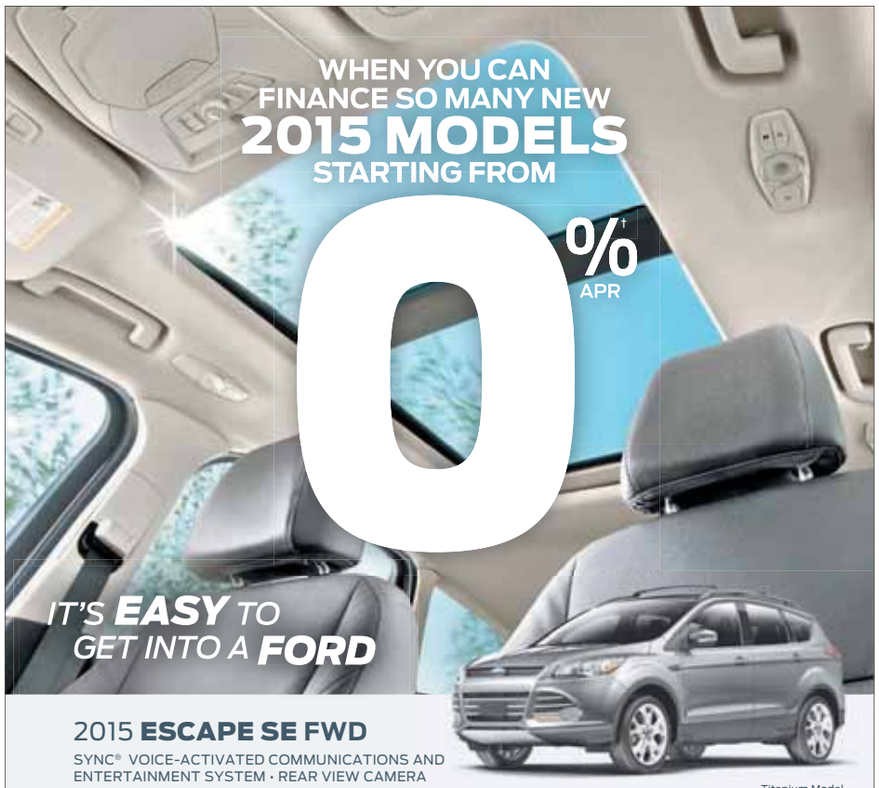
So much so that the U.K.'s Society of Motor Manufacturers and Traders (SMMT) has launched a U.K.-wide campaign, backed by Ford, BMW, Jaguar and Volkswagen, to dispel misconceptions and underline the role that cleaner diesel engines have in hitting future clean-air targets.

"Diesel cars produce, on average, 20 per cent less CO2 than equivalent petrol cars and so have a vital role to play in helping to arrest climate change," said Graeme Grieve, CEO of BMW Group UK.

There is no debating that a well-maintained and serviced diesel engine burns less fuel than a gas engine with the same displacement.

But there is also no debating that diesel engines release more potentially harmful nitrogen oxides (NOx). To counteract this, the latest diesel cars have special particulate filters but usually take up to five kilometres of travel to start working at an optimum level. AFP

Many motorists perceive diesel engines as bad for the environment. AFP



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Alfa Romeo aims to be an exclusive, upscale brand. JIL MCINTOSH

Alfa Romeo returns

Driving Force. Owned by Fiat, the company plans hopes to diversify the upscale market

JIL MCINTOSH
drive@metronews.ca

Bringing an auto brand to a new market is always tricky, but there can be even more involved when that brand is being reintroduced to a market where it was once sold but was eventually discontinued.

That's the case with Italian automaker Alfa Romeo, which is returning to Canada after a 20-year absence.

"I believe there are a lot of consumers looking for alternatives to BMW, Audi and Mercedes-Benz," says Reid Bigland, president and CEO of Alfa Romeo North America. "I am confident we will get a good chunk of that market."

Alfa Romeo is owned by Fiat, which has also returned to the Canadian marketplace through its purchase of Chrysler.

One of the most important considerations is knowing where to place the brand in the marketplace. Alfa Romeo currently sells some small, inexpensive models in global markets, but the company will now focus on upscale cars in only rear- or all-wheel drive, starting with the 4C sports coupe and convertible, and then an upcoming sports sedan.

The cars will share no platforms or engines with any Fiat or Chrysler vehicles. That will make them pricier to engineer and build, but it will also allow the automaker to maintain their exclusivity, which can be a vital consideration at this level.

Mainstream-model customers will buy a car that shares components with a pricier brand, but premium brands can suffer if they're too closely associated with lower-priced vehicles.

Determining how the car will be sold is one of the toughest aspects of introducing a brand. It's far more cost-effective to sell it through existing dealerships than to build new ones, especially for a low-volume brand, but the car's exclusivity has to be maintained. To that end, Alfa Romeo won't be sold in Chrysler dealerships, but through Italian-brand stores that already carry Fiat or Maserati, a marque that Fiat also owns. In some areas, Alfa Romeo might also be sold by itself.

Understanding the customer and the segment is also important. Bigland says that while some premium automakers also offer smaller, lower-priced entry models, long-term plans for the brand are focused on keeping the Alfa Romeo line strictly aimed at upper-range buyers. "We don't have to take our premium position and try to stretch it to be all things to all people," he says.

Regeneration

Alfa Romeo is undergoing a $6-billion transformation, and will now focus strictly on larger premium vehicles in all of its global markets.

- While the 4C models include high-tech aluminum subframes and carbon-fibre bodies, the upcoming sports sedan will feature more conventional construction.

No purchase necessary. Contest open 12:01 am on March 18, 2015 to 11:59pm on March 25, 2015 to legal residents of Toronto, Vancouver, Ottawa, Calgary, Edmonton, and Winnipeg (ex QB) of age of majority in their province of residence at time of entry. Prizes available20 double passes to the FURIOUS 7 screening in each Metro Market on April 1, 2015. ARV $25.00 a pair CDN. Odds depend on number of eligible entries received. Internet, email address, and math skill testing question required. Rules and entry www.clubmetro.com

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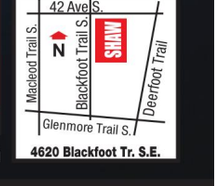

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$14,000 SAVINGS PROMOTION BASED ON TRUCK SG152529. SG209547 PAYMENTS ARE AT 2.99% FOR 84 MO. SG209547 COST OF BORROWING: $3,286.77 TOTAL OBLIGATION: $33,658.18. SALE PRICE INCLUDES DISCONTINUED BRAND LOYALTY AND AUTOSHOW BONUS. PRICES DO NOT INCLUDE GST. ERRORS AND OMISSIONS EXEMPT. VEHICLE MAY NOT BE EXACTLY AS SHOWN. DEALER RESERVES THE RIGHT TO END PROMOTIONS WITHOUT NOTICE. CUSTOMER MUST REFERENCE AD TO QUALIFY FOR PROMOTIONS. SEE DEALER FOR FULL DETAILS.

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Today's Mercury-Neptune link means that trust is something you can give but there is no guarantee it will be repaid.

♉ Taurus
April 21 - May 21
The planets make it easy to confront the negative aspects of your personality now, so face them and overcome them.

♊ Gemini
May 22 - June 21
If your instincts tell you that what you are being asked to go along with is not a good idea then make your excuses and don't get involved. It may make you unpopular but better to be unpopular than be broke.

♋ Cancer
June 22 - July 23
Decide what your number one priority is going to be and stick to it. The planets warn you could easily find yourself talked into doing things today that don't do you any favours at all.

♌ Leo
July 24 - Aug. 23
Someone will annoy you today by saying something that isn't true. According to the planets they are trying to get you to overreact so they can use your words and actions against you.

♍ Virgo
Aug. 24 - Sept. 23
With Mercury, your ruler, overshadowed by Neptune today be careful when dealing with others, especially if they flatter you because that means they are after something.

♎ Libra
Sept. 24 - Oct. 23
Tread carefully when dealing with partners over the next 24 hours because even little things may set them off. The last thing you need now is to spend time trying to calm them down.

♏ Scorpio
Oct. 24 - Nov. 22
The only danger today is that in your desire to prove that you are original in your thinking you will come up with ideas that won't work. Stay practical.

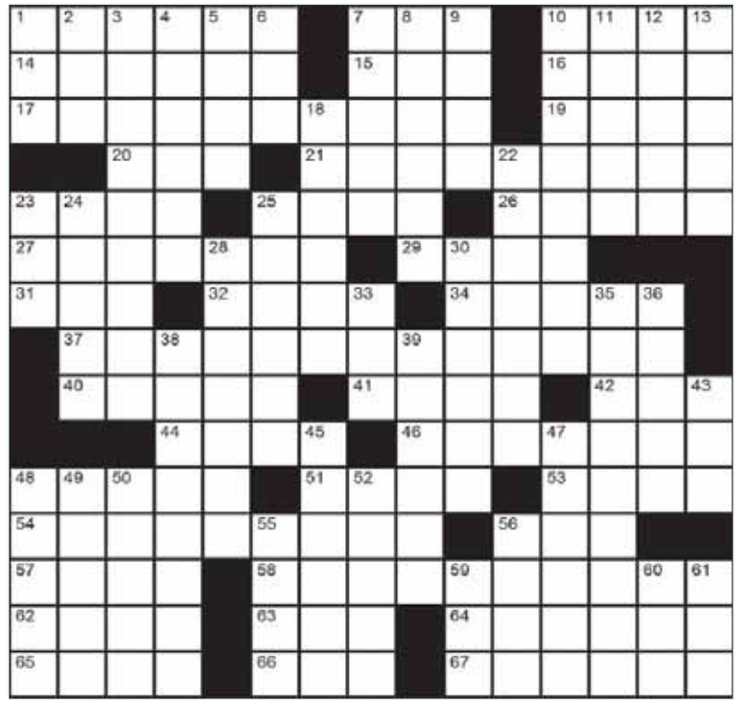
♐ Sagittarius
Nov. 23 - Dec. 21
By all means do something dramatic today, but make sure it isn't something that is going to damage your reputation. Know where the line is and be smart enough to stay this side of it.

♑ Capricorn
Dec. 22 - Jan. 20
You may not be in the mood to compromise but you are going to have to, especially on the home front where loved ones can dig in their heels just as effectively as you.

♒ Aquarius
Jan. 21 - Feb. 19
If there is something you don't want the world to know about, don't let even your best friend in on the secret. Once you tell one person it won't be long before everyone knows.

♓ Pisces
Feb. 20 - March 20
Mercury linked to Neptune in your sign means there is no telling how a gamble will work out. Why risk it?

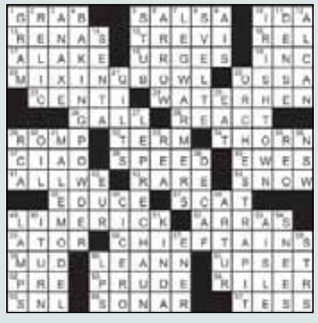
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Soldier's ID: 2 wds.
7. Scand. land
10. Advanced math course, briefly
14. 1588 Spanish fleet
15. Biblical liquid measure
16. Racetrack shape
17. "The __ __" by Stompin' Tom Connors
19. __ _' War (Legendary racehorse)
20. Red Chamber fig.
21. Fossil which is Alberta's official stone, __ wood
23. "__ __ sure you know..."
25. __ Rebellion (Early-1840s insurrection in Rhode Island)
26. Common ailments
27. Look upon with contempt: 2 wds.
29. Flanders river
31. Vertical opp.
32. Soon, to Shakespeare
34. __ __ if everything is okay
37. "One Tin Soldier" by Canadian group The __ __
40. Aunt: French
41. Amphibians/reptiles sci.
42. Harem room
44. Herb type
46. WKRP employee Les
48. Trojan War site, poetically
51. Two peas in _ __
53. Hue
54. Air Canada customer
56. Ms. Taylor, for short
57. Card game
58. Hamilton-born star of CBC's "Schitt's Creek": 2 wds.
62. Mr. Epps
63. Beethoven's "Minuet __ _"
64. Menu meal
65. US __. of State
66. Bon Jovi's "__ Your Hands on Me"
67. Does better than F

Down
1. Morse Code bit
2. __-Medonte (Ontario township)
3. 2015 _ _ _ _ __ 1500 pickup truck
4. "I want to go, too!": 2 wds.
5. Toronto-born actor Mr. Young
6. Marcia Harden link
7. Horse footwear fitter, say
8. Like pre-Spring weather
9. Tech sch. grad
10. Says "There, there now."
11. Help
12. Divided as highways
13. Lummoxes
18. Really right: 2 wds.
22. AHL team in St. John's, Newfoundland
23. Cigar stuff
24. Snob
25. Son/co-star of #58-Across
28. Scott Joplin music style
30. Hallowed
33. Nope
35. Some perfume bottles
36. Type of car
38. Manufacturing
39. Edgar Allan Poe poem
43. Sandy hill constructor
45. "__ Beach: The Real Orange County"
47. Big top props
48. Polls/surveys conductor, __ Reid
49. "Flower Duet" opera by Leo Delibes
50. Hanson member
52. Singer Ms. Lee
55. Playwright Mr. Simon
56. Ms. Horne
59. Himalayas land [abbr.]
60. "Rubber Ball" singer Bobby
61. Go-ahead response

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	2	5	6	3	9	1	7	8
3	6	8	5	7	1	2	4	9
1	7	9	4	2	8	3	6	5
7	3	6	2	5	4	9	8	1
5	8	1	3	9	7	6	2	4
2	9	4	8	1	6	7	5	3
9	1	2	7	4	5	8	3	6
8	4	3	1	6	2	5	9	7
6	5	7	9	8	3	4	1	2

	8		6	7		4	9	
9					4			6
3								
	9							7
4				9				3
2							6	
								2
5			1					9
	1	6		2	7		5	

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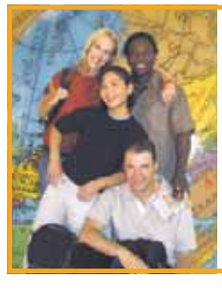

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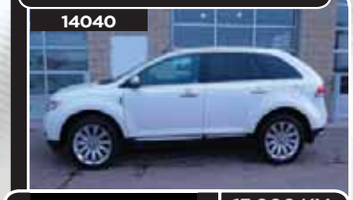
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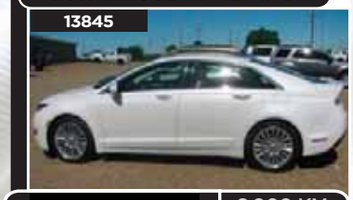
$332/BW | 19,000 KM | CERTIFIED | RATES FROM 0.9%

2014 LINCOLN MKX — 14041

$332/BW | 21,000 KM | CERTIFIED | RATES FROM 0.9%

2014 LINCOLN MKX — 14013

$332/BW | 9,000 KM | CERTIFIED | RAETS FROM 0.99%

2013 LINCOLN MKZ AWD — 13845

$339/BW | 6,000 KM | CERTIFIED | RATES FROM 0.9%

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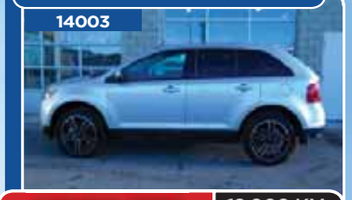
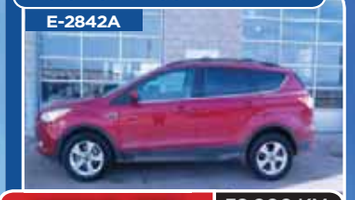
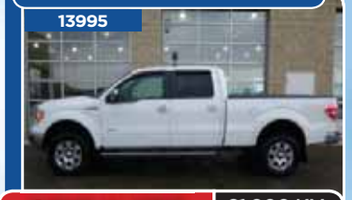
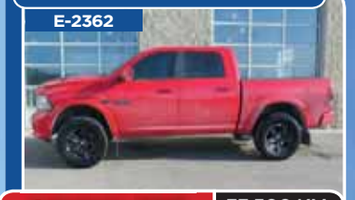
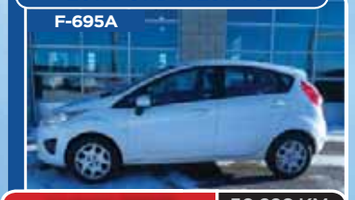

$231/BW | 18,000 KM | $32,477 | LEATHER • NAV • SUNROOF

2013 FORD ESCAPE SE 4WD — E-2842A

$179/BW | 38,000 KM | $24,995 | 2.0L ECOBOOST

2012 F150 LARIAT 4X4 — 13995

$234/BW | 61,000 KM | $32,977

2014 RAM 1500 SPORT — E-2362

$279/BW | 33,500 KM | $40,005 | LOADED! LIFT KIT!

2011 FORD FIESTA SE — F-695A

$81/BW | 50,226 KM | $9,998 | AUTO • A/C

2011 FORD FUSION — 13960

$99/BW | 70,000 KM | $11,977 | ECOBOOST • NAV

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